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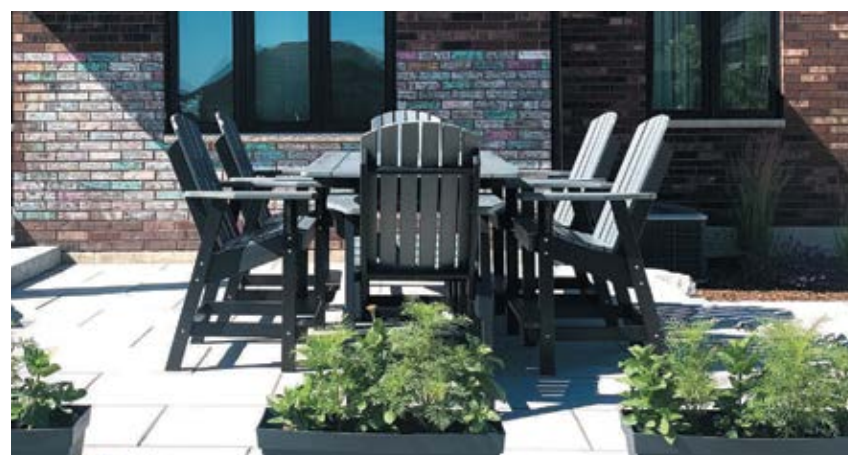


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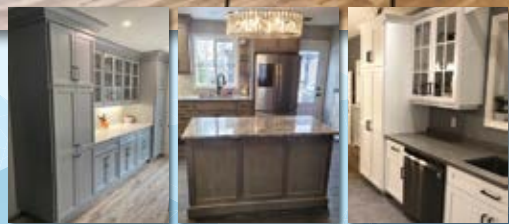
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A **AS THE NIGHT SKIES START SNEAKING AWAY,** the long days of summer, rain and wind strip the remaining colour from the landscape, and home becomes my sanctuary. It insulates me from the transition from summer to fall and the end to my favourite outside activities – gardening, hiking in shorts and sitting by the water’s edge enjoying a butterscotch ripple ice cream cone. Fall means reading by the fire, walking the dogs in my favourite sweaters and hiking with layers of clothing and long pants. I sit by the window watching birds fill up at my feeders before beginning their long journey to warmer climates.

I really look forward to fall. It’s my time to slow down and relax in my warm, comfortable home, the dogs sleeping at my feet. Home at this time of year is a feeling that wraps itself around me like a feather duvet. It’s a place I run to at the end of a busy day.

The three homes we feature in this issue are unique and full of charm. Their owners have created interiors that are perfect for spending more time indoors.

If you need some help making your home a cosy sanctuary, check out our Spotlight on Collective House Design. The two principal designers are ready to help you refresh a tired room or help make the big decisions that come with building a custom home.

So come inside, rediscover your home after months of passing through in the rush to get outside. Reconnect with the space that brings you home at the end of the day, happy to see your front door.

Sara Martin

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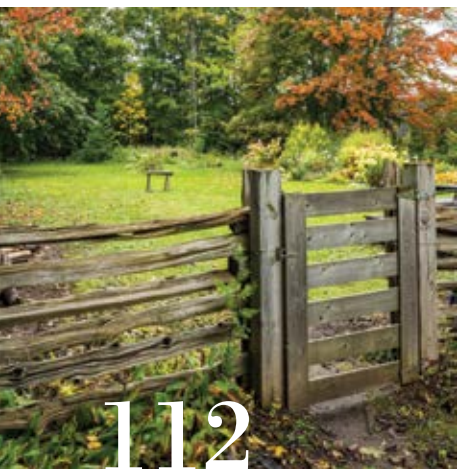
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CONTENTS

FALL 2023



112



126



26

LOCAL FEATURES

- 26 Style Picks** Enjoy the fall colours and indulge in some retail therapy with these great finds.
- 40 Feature Home** The design for this multi-generational lakeside home started with a dream. A talented and responsive builder made it happen.
- 64 Spotlight** Let the designing duo at Collective House Design make your home's interior beautiful.
- 72 Home & Builder** A young couple builds their first budget-friendly home with the expertise of AND-ROD Construction.
- 90 People & Places** Get help for your home from professionals who take the worry out of any project.
- 112 Feature Home** A Cape Cod-style haven provides shelter and a canvas for art and nature.



40

ON THE COVER

A cosy reading nook in a beautiful lakeside home in Kincardine. Story, page 40. Photography by Sandy MacKay.



64




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CONTENTS

FALL 2023



72



58



102



106

DEPARTMENTS

- 18 **Editor's Note**
- 24 **Advice** A Place For Everything
- 30 **Cooking At Home** Fall's Perfect Dessert
- 32 **Gardening** Pruning Primer
- 36 **Decorating** Picking White Paint
- 52 **Decorating** Luxury Life
- 56 **Green Living** Eco-friendly Info
- 58 **Good Taste** Botanical Beverage
- 60 **Crafty Ideas** Leaf Garland
- 68 **Design Ideas** Home Cinema
- 84 **Real Estate** Garden Suites
- 102 **Design Ideas** Spa Sanctuary
- 106 **Double Take** Drama Is Back
- 108 **Birding** Bird Speak
- 110 **Projects** Jute Placemats
- 122 **In The Kitchen** Best Before
- 124 **Home Resource Directory**
- 126 **Cooking At Home** Veggie Pasta
- 128 **Finishing Touch** Creative Curves



128



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SPORTING GEAR STORAGE

Designer **Tamarisk McNalty Stephens**
shares her ideas.

Storage for your sports gear isn't given much consideration when planning and designing a new home or renovating an existing one. However, if an average family stays relatively active and participates in organized sports or recreational activities, a significant amount of equipment can accumulate, which requires substantial square footage.

Gear varies based on individual and family interests but can include:

- ✓ camping tents and cookware
- ✓ fishing poles and tackle boxes
- ✓ golf clubs
- ✓ bicycles
- ✓ rollerblades, skateboards and scooters
- ✓ helmets
- ✓ lacrosse sticks
- ✓ soccer balls
- ✓ footballs and cleats
- ✓ baseball gloves
- ✓ balls and bats
- ✓ curling brooms
- ✓ skates and hockey equipment
- ✓ skis, snowboards, boots and poles
- ✓ tennis racquets and balls
- ✓ canoes, SUPs, kayaks, paddles and life jackets
- ✓ motocross and snowmobile gear

Proper storage solutions make it easier to keep a tidy home and an organized system allows family schedules to operate more smoothly during busy seasons when you need to get out the door to the big game. Here are some tips for planning functional sports equipment storage in the home.

TAKE INVENTORY

To determine what storage solutions you need, you must first evaluate what you have. Go through everything and donate, sell or pitch gear that is outgrown, worn out or irrelevant. Once you have purged, determine which items can be stored in a garage, outbuilding or shed without air conditioning or heat, and which items will need to find room in the home (so mould doesn't grow and rodents don't chew).

SPACE/LOCATION

Think about what gear you need to access in each season. Depending on space, you may need to design a system that can rotate between summer/winter sports. Take a look around your home to determine if there is space not being utilized to its potential. Whether it's a closet, a corner in the basement, a spare room upstairs, space under the stairs, or some wall space in the garage that can be transformed into gear storage – claim it as such. Locating storage in an area accessible to children can encourage them to take responsibility for putting away their gear. They'll know where to find it when they need it and proper storage can also prolong the life of equipment.

INCORPORATE TARGETED SOLUTIONS



SARIS: Cycle Glide

Some equipment should be aired out after each use, so specialized hanging racks should be considered essential (and good ventilation is key!). In-floor heat in a mudroom also helps dry items quickly in the winter.

Make use of overhead space in a garage for hanging bikes, canoes, kayaks, etc. In addition to typical hooks, baskets and shelves, a slat-wall system offers flexibility you can tailor to your needs with specialized attachments. You can install mesh baskets for balls, wire shelves/baskets for boots and cleats, stands that keep golf bags off the floor, shelves and hooks for skis and boards, racquets and various helmets, and utility hooks for paddles and fishing rods. Wall-mounted clips can keep hockey sticks, curling brooms and lacrosse sticks organized.

Deep customized wood shelving is handy for storing large totes and clear bins for camping equipment, off-season gear and hockey bags.

Locker room-style storage with a designated space for each person keeps their belongings organized. There are also bags designed to accommodate specific equipment, which keeps required items together for easy access when heading out.

MATERIALS

Use appropriate materials and finishes that can stand up to wear and tear. Consider solid wood for doorjamb, casings, millwork and wall treatments (it stands up better than MDF to heavy use). Drywall corners with a radius are generally less susceptible to damage and chipping from being bumped. Durable floor surfaces such as porcelain tile and concrete can be swept and mopped easily. **OH**



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3 **COUNTRY CHARM**

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4 **THE COOK'S CUPBOARD**

Coffee Maker
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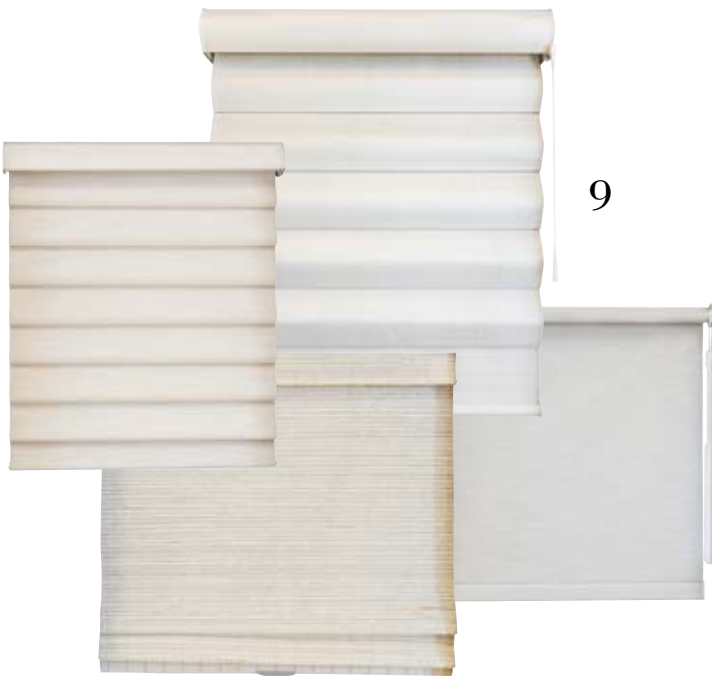
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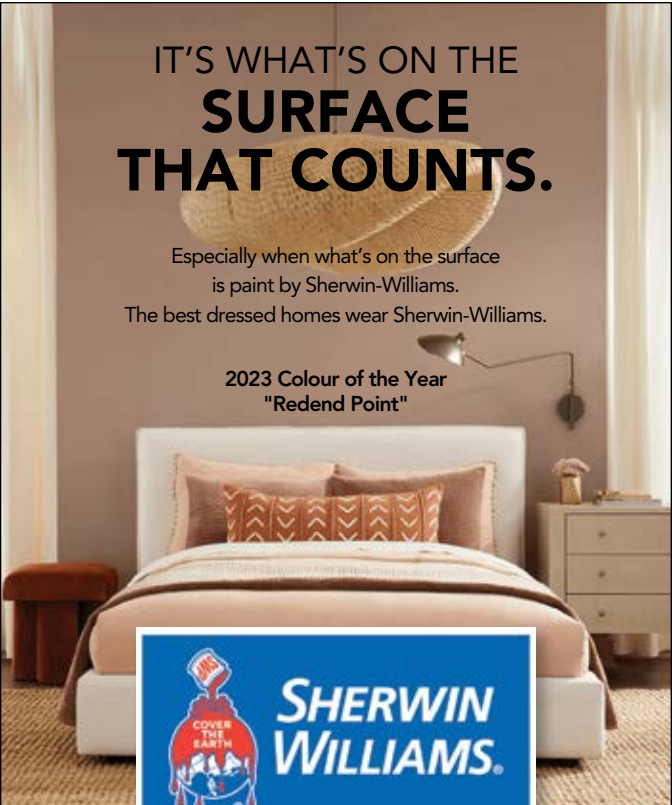
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INGREDIENTS (Makes 4)

Brown Sugar Sauce

2 Tbsp butter

¾ cup brown sugar

¾ cup water

Apple Dumplings

4 medium-sized baking apples, peeled and cored

½ cup sugar

1 Tbsp cinnamon

Pastry dough

Egg wash (1 egg whisked with 1 tsp of water)

Butter

INSTRUCTIONS

Brown Sugar Sauce

In a pot over medium-low heat, combine the ingredients for the brown sugar sauce. Bring to a boil and let simmer for 5 minutes. Remove from heat and set aside.

Apple Dumplings

Preheat the oven to 375°F.

Combine sugar and cinnamon in a bowl.

Roll out pastry dough and divide into four equal squares. Place an apple in the middle of each square. Place one spoonful of cinnamon sugar into the middle of each apple and top with a dollop of butter. Fold the dough around each apple, matching all corners and seal the sides with egg wash as needed.

Place the dumplings in a baking dish and pour the brown sugar sauce on top of the dumplings. Bake for 35-45 minutes, or until the apples are tender. This will vary with the variety and size of the apples you choose.

TIP: If the tops start to brown but the apples are not cooked through, place a piece of aluminium foil or parchment paper on top of the dumplings.

Serve each dumpling with a scoop of vanilla ice cream. **OH**



APPLE Dumplings

RECIPE AND PHOTOGRAPHY **JENELLE MCCULLOCH**

These apple dumplings follow the traditional approach. Whole apples are wrapped in pastry and baked in a brown sugar sauce. They are perfect served with a scoop of ice cream.



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STORY TERESA MATAMOROS

Why Prune?

Every shrub should have a purpose in the overall garden design and that purpose will dictate how the shrub should be pruned.

The goal of pruning is to enhance and emphasize the natural shape and to maintain the health of shrubs and small trees. A well-pruned shrub can live for 100 years!

Afraid or reluctant to prune for fear of not doing it right or hurting the shrub? Follow these few steps and you'll be a pro.

A is for assessment. First and foremost, identify the shrub you are pruning. Questions to ask are:

1) When does it flower? Spring or summer? If it flowers in spring, it often means it is blooming on last year's wood and shouldn't be pruned until after it has flowered and before it sets new buds for next year. Forsythia, Bridalwreath spirea and lilacs are in this category. Roses, Hydrangeas and Rose of Sharon can be pruned early in the spring as they bloom on the new wood.

2) What is its natural shape? Prune to accentuate the natural shape of the shrub and please put the hedge shears away! No balls or squares here unless you are into topiary and that's a topic for another article.

3) What is the purpose of this shrub? Is it for flowers, fruit, for the birds or for privacy? *Continued on page 34*



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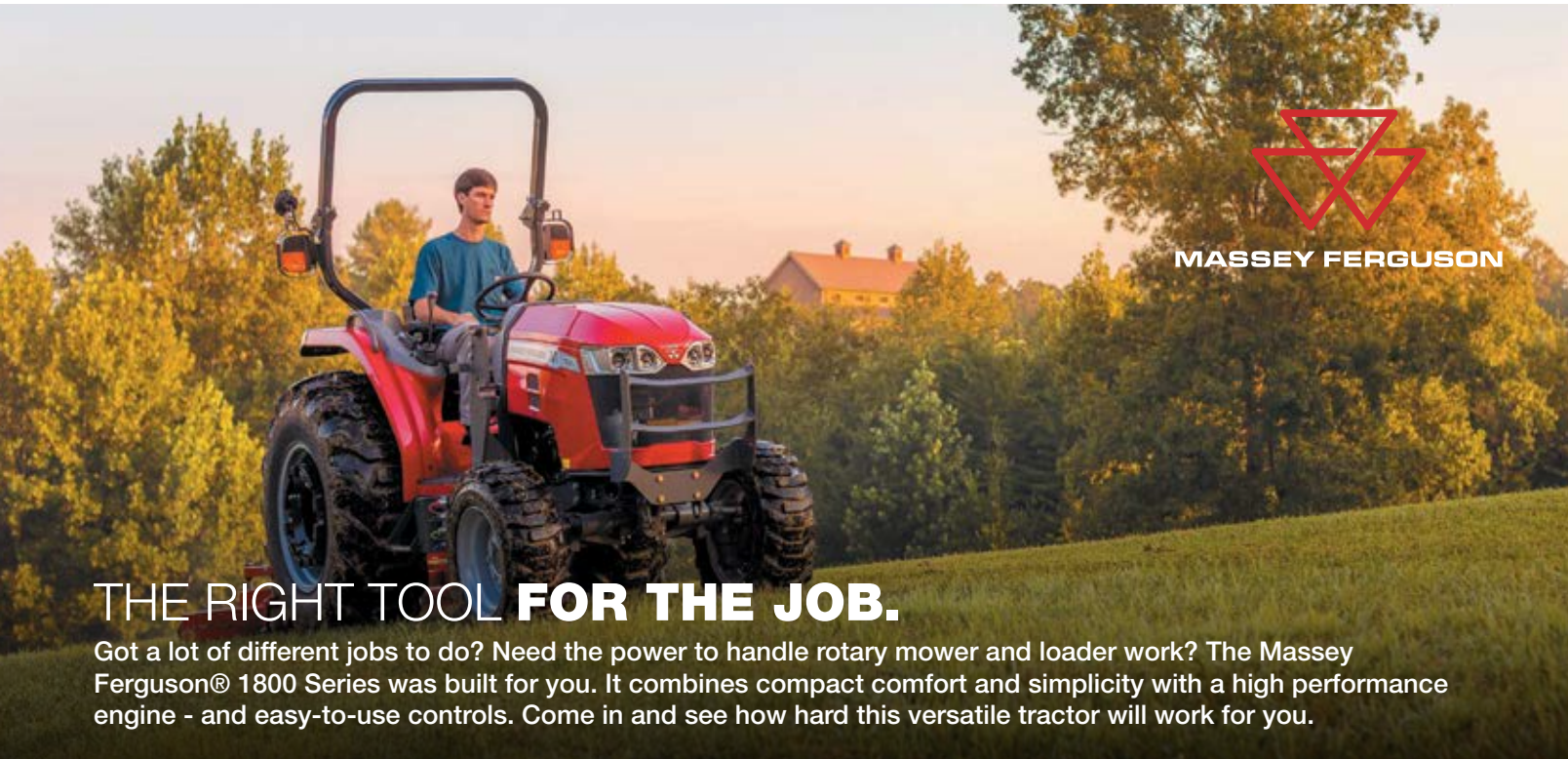
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gardening

B is for take a breath. Relax and give yourself time to know the shrub and look at it from all angles so you have the full picture of what you will be pruning.

C is for confidence. With time, trial and error (plants are very forgiving), you will gain confidence in your pruning abilities.



Now the **5 Ds**. The Ds help you figure out what to prune.

Dead or dying branches. Remove the dead and dying branches for aesthetics but also for health. Dead branches can be an entry point for various pathogens. Always remove the dead branch to a healthy, green node.

Diseased refers to anything that has a disease or pest problem that could potentially harm the plant if left unchecked. Cleaning your tools after each cut of a diseased branch is important.

Damaged is just that! Any branch that has been broken from winter snows or spring storms needs to be removed. These are weak points and again could be an entry point for pathogens.

Doubling branches. Sometimes the shrub will have two branches in close proximity growing in the same direction. Pruning one of the branches out will open the shrub, giving it better air circulation and strengthening the remaining branch. Also, remove any branches that are going from the outside to the inside of the shrub.

Desirable. This is what we want the plant to be. Do we want lots of flowers or is it the fruit or both? Do we want the shrub for privacy or is it a focal point in the garden?



Tools For Pruning

Invest in a good pair of secateurs or bypass pruners and a good hand saw. Loppers will help to remove the stems larger than three-quarters-of-an-inch. Always wear your personal protective equipment, such as gloves and safety glasses.

How To Prune

Cut branches/stems at a 45-degree angle, one-quarter-inch above an outward facing bud or branch. Be careful not to leave a stub as this could be an entry point for pathogens.

I hope you feel confident now to get out and prune your shrubs. Doing is the best way to learn! **OH**

Teresa Matamoros has a Bachelor of Science degree, an Ontario Diploma in Horticulture and is an ISA Certified Arborist.

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PHOTO: KIELY RAMOS

7 Steps TO CHOOSING THE PERFECT WHITE PAINT

STORY **AMANDA SHIELDS**

The search for the ideal shade of white can be a daunting task. White paint may seem simple, but variations in undertones and finishes can leave your head spinning. Join me as I share my foolproof process for choosing the perfect white paint hues for your home.

1. Consider Natural Lighting

Before diving into the myriad of white shades, evaluate the natural lighting in your space. North-facing rooms tend to have cooler light, while south-facing rooms are warmer. East-facing rooms receive bright morning light, while west-facing rooms are illuminated by afternoon and evening sun. Understanding your room's lighting will help you choose the right white with the ideal undertones.

2. Determine The Atmosphere

The ambience you want to create plays a crucial role in selecting white paint. If you desire a clean, crisp feel, opt for a pure white shade like Benjamin Moore Chantilly Lace, a designer favourite. For a warmer and cosier atmosphere, consider whites with yellow or beige undertones like Benjamin Moore Simply White. If you seek a modern and sophisticated look, cooler whites with grey or blue undertones may be more suitable, such as Benjamin Moore Designer White.

Continued on page 38



Product:
Alustra Duette
Colour:
Vintage
Opacity:
Light Filtering
Mount Type:
Inside Mount



Product:
Provenance
Colour:
Roman Shades
Opacity:
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3. Consider Undertones

White paints can have undertones that subtly influence the overall look of a room. Common undertones include blue, grey, green, beige and yellow. To prevent a clash with other elements in your space, consider the undertones of your furniture, flooring and fixtures. Warm undertones pair well with warm colours, while cooler undertones complement cool colours.

4. Test Before Committing

Always test paint samples before committing to a particular shade. Apply large swatches of white paint on different walls in your room and observe how they appear in various lighting conditions. One product I love to use is from Hello Paint, where you can order peel and stick paint swatches that can easily move from room to room. Assess the samples at different times of the day to see how they respond to changing natural light. This process will help you choose a shade that harmonizes with your space.



5. Evaluate Contrast

White paint doesn't exist in isolation. Consider how your chosen white will interact with other elements in the room. If you have vibrant or dark-coloured furniture, a pure white may create a striking contrast. Alternatively, if you prefer a more harmonious look, consider selecting a white shade that is like the colour of your furniture or other design elements.

6. Consider The Finish

The finish of the paint can significantly impact the final appearance of your walls. Matte or flat finishes create a soft, smooth look but are more prone to marks and smudges. Satin or eggshell finishes offer a slight sheen and are more durable, making them suitable for high-traffic areas. Glossy finishes provide a dramatic shine but are best reserved for trim or accent areas.

7. Seek Professional Advice

Seeking professional advice is a wise step if you find yourself uncertain about choosing the perfect white paint. Interior designers or colour consultants can offer valuable insights and help you select the best shade to suit your needs. Remember, choosing the right white paint in your home may seem daunting, but armed with the knowledge of lighting, undertones, atmosphere, and finishes, you can make an informed decision. Remember to test samples in your space, consider contrast and seek professional advice if needed. With these tips, you'll be well on your way to finding the perfect white paint that will enhance the beauty and character of your home. **OH**

Amanda Shields is the principal designer at Amanda Shields Interiors.

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The landscaping around the home was completed by Scenic Alterations Landscaping. Precision Deck and Fence built the large deck that allows the family to enjoy the view of the water. Roofing for the home was handled by Karn's Roofing. Brampton Brick supplied the stone for the skirting, which was installed by Russell Masonry.

Timeless Elegance AT THE WATER'S EDGE

STORY
CAELI MAZARA
PHOTOGRAPHY
SANDY MACKAY

ABOVE THE PEACEFUL SHORELINE OF LAKE HURON, a spacious family home looks down on the crystalline turquoise waters near Kincardine Harbour. With the home's gabled roof (**Karn's Roofing**), exterior palette of driftwood greys, nautical blues and ox-eye windows, the house conjures the look of places on the Atlantic coast.



The family enjoys walks along the Lake Huron shore throughout the year. David, Cooper, Everlie, Lisa and Peter enjoy a perfect fall day.



PHOTOS: DOUGLAS PAUL PHOTOGRAPHY, COURTESY OF NORTHSTAR WINDOWS & DOORS



This is the home of Lisa and David Waite, their children Cooper, 13 and Everlie, 10, Lisa's father, Peter Reynen (who enjoys a 2,000 sq. ft. basement walkout complete with its own kitchen and laundry), and their two spirited Yorkshire Terriers, Molly and Pixie. Building began in 2019 and was done in 10 months, with timing that helped the Waites avoid the supply-chain shortages that plagued the building industry during the pandemic.

The property's original house, built around 70 years ago, was one that Lisa's parents called home for 10 years. After Lisa's mother passed away, Lisa had a vision of living closer to her father – in “a home where they could all come together,” she says.

At first the Waites entertained the idea of an addition to the original building but were advised by local builders that starting fresh might be an easier feat. So, designing their family home began. *Continued on page 42*

1) An ox-eye window in the front foyer is an interior design detail that brings light into the kitchen pantry. The sideboard is finished with chalk paint. **2)** Lisa refers to the interior design of the home as a coastal, shabby chic farmhouse and upon entering the home all those design details are represented in a welcoming, cohesive and soothing display. Barn doors were supplied by Johnson Woodworks. **3)** The exterior of the home was finished with Maibec board-and-batten siding in Anchor Gray with shakes in Moon Rock, installed by Jeffery Michaels Custom Siding. Stone detail at the base of the pillars is cut River Rock Blue Limestone. Windows and doors for the project were supplied by NorthStar Windows & Doors and purchased through PEGG Building Centre. Eisen Landscaping installed the stone for the flower beds at the front of the home, which feature lavender from Luscious Lavender and Herb Farm. **4)** The wraparound treads at the bottom of the staircase are a design detail that Lisa added for flow and continuation into the main foyer.



PHOTO: DOUGLAS PAUL PHOTOGRAPHY, COURTESY OF NORTHSTAR WINDOWS & DOORS





1



2



3



4

“I had a dream one night,” says Lisa. “I sketched out a picture of what I wanted, and I started doing the floorplan and designing it in my head. I had the whole thing – almost the way it turned out – in my mind.”

She brought her plans to **Dan Murawsky** at **Murawsky Design** in Port Elgin. He was able to make her dream – presented to him as a collection of notes and pictures – a reality. Some key elements included a bank of west-facing, floor-to-ceiling windows in the living room and a large deck overlooking the lake. Above the garage is a one-bedroom vacation rental, *Lakeside Terrace*, with a full kitchen and balcony that takes advantage of the beautiful sunset views.

While the old home was taken down by **Kempton Construction** and the new one expertly built by **Quality Construction Services**, the Waites lived in a rental just 15 minutes away and checked on the project a couple of times a week. “We had a great partnership with our builder, which was very important to us. They were professional, responsive and available to help us make all the details I had imagined come to life. Not only did they do an outstanding job, but they also became friends along the way,” says Lisa. Her dad used to build homes and encouraged them to be involved in the process, which was great advice.

“It was fun to see the old house come down but something new go up in its place,” says Lisa. The new siding was installed by **Jeffrey Michaels Custom Siding**.

Continued on page 44

The family gathers at the kitchen island. Its base and the pantry screen door are painted Benjamin Moore Woodlawn Blue. Johnson Woodworks built the custom cabinetry. The Hanstone Chantilly quartz was supplied by KW Countertop. Electrical for the home was completed by Richardson Electric. **OPPOSITE: 1)** An alcove between the mudroom and the front foyer has been transformed into a daybed full of pillows. It’s a spot that is coveted by everyone in the family. **2)** A secondary front entrance with a Dutch door leads to the mudroom. The door was sourced through

NorthStar Windows & Doors and painted Benjamin Moore Wedgewood Gray. Heating and cooling for the home was installed by Troy’s Plumbing and Heating. **3)** Each member of the family, including the dogs Molly and Pixie, have a basket with their name to keep the mudroom organized. Johnson Woodworks completed the cabinetry and benches, and Blake Flet Carpentry finished the trim and mouldings. **4)** Tile for the project was supplied by Grey-Bruce Interiors and installed by A&E Tile Design.





The heart of the home is the open-concept kitchen/living room/dining room, where Lisa says the family spends most of their time together – when they’re not spending their days at the beach in the summer. The palette of this grand space is muted, with greys and whites set off by pops of deep blues and sea greens. The timeless kitchen includes Chantilly quartz counters by **KW Countertop**, sleek white cabinetry and custom built-ins by **Johnson Woodworks**, appliances by **TA Appliances & Barbecues** and textured subway tile supplied by **Grey-Bruce Interiors** and installed by **A & E Tile and Stone**. A powder-blue screen door leads from the kitchen into a sweet little pantry with an oval window into the entryway. Millwork for the project was beautifully finished by **Blake Flet Carpentry**.

Continued on page 46

3) A sectional sofa at one end of the main-floor office is a perfect fit for corner windows, where the view becomes a welcome distraction from homework and paying bills. The sofa was sourced through Austin & Taylor Home Furnishings. 4) The office desk was custom to the space and built by Johnson Woodworks. The wall shelving has baskets that corral pens, pencils, paper clips and cables.



The coffered ceiling in the dining area shelters the dining table and chairs, which were Lisa’s grandmother’s. Lisa painted the pieces with chalk paint using colours found throughout the home. A bar area between the two reclaimed beams has a bar fridge and plenty of storage for wine bottles. **OPPOSITE: 1)** Stainless-steel strapping on the range hood is the metal accent found in the hardware, plumbing fixtures and the appliances from TA Appliances & Barbecues. **2)** The window, which is a focal feature in the front foyer, is seen from the other side in the organized and well-stocked pantry.

feature

The dining room, under a coffered ceiling, leads into the living area, a stunning space that boasts white leather sofas from **Austin & Taylor Home Furnishings**, a cathedral ceiling and a central fireplace from **Troy's Plumbing & Heating** with an eye-catching blue limestone surround from **West Shore Stone & Brick** and installed by **Russell Masonry**. The fireplace is framed by built-in bookshelves. The space is furnished with heirloom pieces – including a buffet and side table that belonged to Lisa's grandmother that Lisa repainted with chalk paint in a cheerful cyan. Window coverings were sourced and installed by **Sunset Blinds**.

A deck, built by **Precision Deck and Fence**, with a view of the sloping backyard and the lake beyond contains an outdoor dining area and several Muskoka chairs for taking in the dramatic vista.

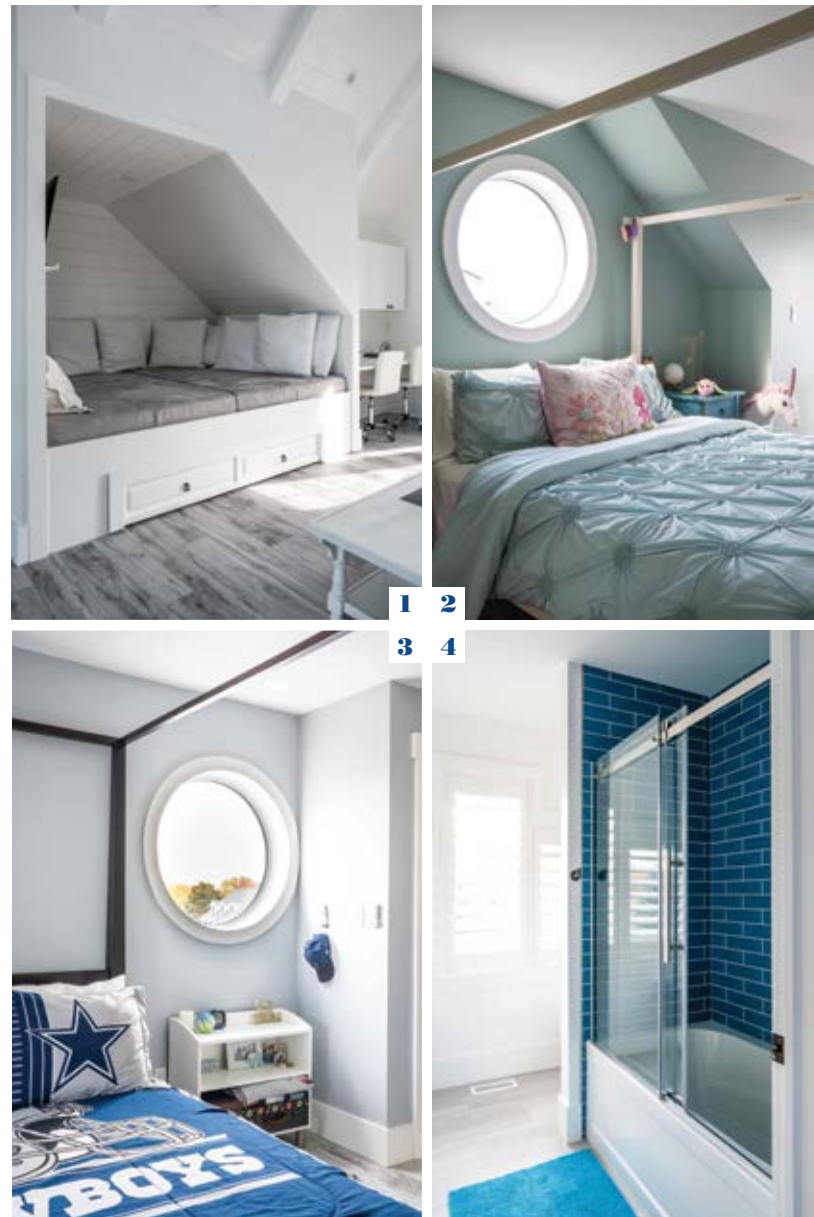
The main floor also contains the primary bedroom and a gorgeous en suite boasting a deep freestanding tub and modern walk-in shower, also installed by Troy's Plumbing & Heating. The floors and walls are done in glossy white tile veined with smoky grey except on one shower wall and an inset over the bath, decorated with intricately patterned azulejo-style tiles. *Continued on page 48*



ABOVE: River Rock Blue Limestone from West Shore Stone & Brick Inc. surrounds the fireplace, installed and purchased from Troy's Plumbing and Heating. The stonework was completed by Russell Masonry. The barn beam mantel was refinished by the Waites and accented by iron strapping from Forty Hills Forge. Built-ins and the arched doors to the Juliet balcony are the work of Johnson Woodworks with the stained-glass detail in the doors custom-made by Sunrise Stained Glass Inc. Window coverings were sourced and installed by Sunset Blinds. **LEFT:** Sliding doors in the great room fill the wall and lead to the large deck that captures the view of the lake. White leather sofas were sourced through Austin & Taylor Home Furnishings. Flooring is luxury vinyl supplied by Grey-Bruce Interiors and installed by Quality Construction Services. **OPPOSITE: 1&2)** In the primary en suite, an inset of encaustic tile above the vessel tub is the stage for plants, candles and essential oils. Plumbing for the home was completed by Troy's Plumbing and Heating. The vanity has double sinks and a make-up area with Hanstone Royale Blanc quartz from KW Countertop. Tile was sourced through Grey-Bruce Interiors and installed by A&E Tile Design. **3&4)** The curved, upholstered bed in the primary bedroom is accented by a shiplap wall. With glass railings on the deck and a large sliding door, the view of the water is the first thing Lisa and David see in the morning.



feature



1 2
3 4

A hanging chair in Everlie's room is a perfect pooch perch for viewing the activities on the beach!



The kids have a separate space upstairs – bedrooms that mirror each other off a cosy hangout space. Each bedroom opens to overlook the living room through fairy-tale-like custom-built double doors by Johnson Woodworks glazed with stained glass by **Sunrise Stained Glass Inc.** that lead to a Juliet balcony. Touches like these reinforce the timeless, cottage-y feel of the home and reveal Lisa's vision for a family home that suits them all. Designing it was a labour of love, and one that Lisa remembers fondly. *Continued on page 50*

TOP LEFT: A hangout area between Cooper and Everlie's bedrooms gives them a space to entertain their friends and cousins. Benjamin Moore Chantilly Lace was used for the walls, ceiling, trim and doors. **ABOVE:** 1) There is a sleeping platform in the hangout space lined with shiplap and built into the angle of the roof line. It's enjoyed by the kids when they have sleepovers. 2) Benjamin Moore Woodlawn Blue is used for the walls of Everlie's bedroom. With the home's proximity to the lake, the round window over the bed is similar to a porthole on a boat. 3) Cooper's room also has the round window, with walls painted Benjamin Moore Silver Half Dollar. Cooper's support of the Dallas Cowboys has influenced the bedding. 4) Each of the kids' bedrooms has its own en suite, with the tile in Cooper's matching the blue of the Dallas Cowboys logo. Shutters in the home were sourced through Rona in Kincardine.

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The 2,000 sq. ft. lower-level contains an apartment for Lisa's father Peter. It has the same finishing details used in the main part of the home. The primary bedroom in the apartment has sliding doors leading to a deck situated below the main deck. The island in the kitchen does double duty as a prep area and dining spot. Quartz for the counters is Calacatta Snow from KW Countertop.

"I loved it," she says. "I absolutely loved the process. In fact at the end, I said, 'I should change careers! I love this!' It was so fun. And it's such a nice spot because it reminds me of my mom."

For those heading into a similar undertaking, she advises thorough research, good communication, patience and being open to enjoying the process.

"Once you know what you want your home to be like, focus on the details and let your builder in on it," she says. "That's where your vision comes to life – in the little details. Go with whatever inspires you. You don't have to pick the first thing. Be open to looking a little harder for something that calls to you."

It's clear what called to Lisa and her family, and it's created here in the beautiful home that now stands sentinel at the shore of the lake: A joyful place at the water's edge, where three generations are gathered together. **OH**

BELOW: 1) The garage has two doors, one at the front of the home and one on the water side, making it handy to take water toys to the water. The deck above is for the one-bedroom *Lakeside Terrace* vacation rental. **2)** The kitchen in the vacation rental has a fully-equipped kitchen that follows the same design aesthetic of the main home and Peter's apartment. **3)** In Peter's apartment, the guest bedroom takes its decorating cue from the colour of Lake Huron on a sunny day.



PHOTO: DOUGLAS PAUL PHOTOGRAPHY, COURTESY OF NORTHSTAR WINDOWS & DOORS



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decorating

the **LUXE** *Life*

STORY **DIANA ROSE**
PHOTOGRAPHY **MIKE CHAJECKI**

Interior design trends are always changing, sometimes to the point of frustration. You've redone your space and before you know it, that trendy hue is "out" and something completely different is "in." But when it comes to luxury design, this isn't the case. Luxury requires a bigger investment on many levels: more thought in the planning, more skill in the execution and more budget overall. This means that luxury demands longevity.



The appeal of luxury interiors never goes out of style. Quality products and a refined aesthetic are always in demand.

THE ALLURE OF LUXURY

Home is everything. It's where we work and play, retreat and reflect alone or host family and friends. We all want beautiful homes. This means getting the design elements you need and indulging in the things you want.

Luxury doesn't have to come at a cost-prohibitive price point. This trend is more about satisfying a niche need, whether it's based on everyday life, experience or aesthetics. It's about tailored spaces and lifestyles.

For those looking to elevate their homes, here are four rules of living luxuriously.

Continued on page 54

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Details matter. They don't have to be abundant, but two or three strategic additions in each room can make all the difference. Create an element of surprise with unexpected choices such as metal inlays, upholstered wall panels, eccentric wallpapers and unusual tile patterns. The trick to mastering this trend is to keep it simple and elegant. Overdoing the details can backfire, creating clutter and chaos. Instead, choose a few key details to focus your attention and budget.

Elevate architectural elements. Pay attention to the built-in elements in your space. Perhaps as important as the architecture is how it's showcased. A winding staircase, an elegant archway or a grand fireplace are not just functional parts of the home, they can be fabulous focal points as well. If you're renovating, pay attention to millwork, plaster ceiling details and wall panels. Then, make sure these elements are seen through tactical lighting and furniture layout.

Incorporate custom elements. There are lots of great products available "off the shelf," but tailored design fits your home and life like a glove. It also costs more. Approach this in the same way as you would your fine design details and customize where it counts. This includes custom cabinets and built-ins. Doing this will truly maximize every inch of the kitchen and your bathrooms, where space can be at a premium and storage is always in demand.



Embrace the great room. More than ever, our homes serve many different functions. The new reality of working and playing at home has created a new trend: the separation of spaces. Open concept is still very much a factor in modern design, but we're increasingly creating dedicated spaces for working and entertaining. The formal great room is back and greater than ever – sophisticated and elegant, rich with detail and stories. Even the broader room is divided into more intimate areas, such as cosy seating areas, a central fireplace area and, of course, plenty of room to move around, mix and mingle.



Luxury will always be trending, whether in its true high-end form, or as a source of inspiration for elevating our homes. Whether you're all in or applying it in small doses, do it with confidence and engage the help of a professional designer who can help you creatively maximize your budget – whatever that may be. **OH**

Diana Rose is the principal and creative director for Diana Rose Design.

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GREEN TERMS DEMYSTIFIED

A CHEAT SHEET FOR SUSTAINABLE SHOPPING

STORY **BONNIE J. STINSON** | ILLUSTRATION **SHEILA BRITTON**

Feeling overwhelmed by the search for truly eco-friendly products? You’re not alone! Labels and packaging can be downright misleading. Did you know that the labels “natural” and “sustainable” are not regulated by any institution? Marketers certainly don’t make it easy, whether you’re scrolling online or strolling the aisles.

The bad news: Consumers are endlessly plagued by confusing jargon from companies who seek to profit from conscientious shoppers who want to do the right thing. The good news: Most people love the planet and want to do the right thing. So what does green really mean? If you are tired of being duped by pretty packaging and generic labels like “sustainable” or “natural”, use our green terminology cheat sheet to help identify the earth-friendly options among the fakers.

ORGANIC

- The product or its materials were grown or produced without harmful chemicals.
- **Benefits:** Better for the human body and better for ecosystems
- **Certifications:** Canada Organic Trade Association, Pro-Cert
- **Examples:** Organic cotton, organic apples, organic skincare

FAIR TRADE

- The product was made ethically with fair labour practices, working conditions and wages.
- **Benefits:** Higher environment, economic and social standards
- **Certifications:** Fairtrade Canada (for products), B Corp Certified (for companies)
- **Examples:** Fair trade coffee, fair trade clothing, fair trade furniture

RECYCLED/UPCYCLED

- The product was made using some recycled materials, or it was creatively transformed.
- **Benefits:** Reduces demand for new resources, minimizes environmental impact
- **Certifications:** Recycle BC, UpCycled Certified
- **Examples:** Furniture made from recycled plastic, scrap pullovers from deadstock fabric

ZERO WASTE

- The entire product’s lifecycle minimizes waste and prioritizes reuse over recycling.
- **Benefits:** More effective at reducing waste than recycled products
- **Certifications:** Zero Waste Canada, SCS Zero Waste, GBCI’s TRUE
- **Examples:** Zero waste coconut dish scrubber, zero waste wheat straw toiletry case

BIODEGRADABLE/COMPOSTABLE

- The product can break down naturally over time, when properly disposed of.
- **Benefits:** Returns valuable nutrients to soil, avoids landfills
- **Certifications:** Compost Council of Canada, BPIWorld
- **Examples:** Compostable corn-based packaging, biodegradable natural loofah

NON-TOXIC/CHEMICAL-FREE

- The product meets rigorous standards for safety and health.
- **Benefits:** Minimize harmful chemicals for the planet and the human body
- **Certifications:** MADE SAFE, NTC (Non Toxic Certified), EcoLogo, Green Seal
- **Examples:** Non-toxic toys, chemical-free clothing, chemical-free lip balm

ENERGY EFFICIENT

- The product uses less energy than a standard product.
- **Benefits:** Reduce your carbon footprint, save on energy bills
- **Certifications:** ENERGY STAR® Canada
- **Examples:** Washing machine, dishwasher, light bulb, computer

Buying cosmetics: Look for the COSMOS and Canada Organic labels to find natural (not synthetic) body products. For cruelty-free products, the Leaping Bunny and Certified Vegan labels affirm that no animal was harmed in the testing or creation of the product. Zero waste and recycled packaging minimize your impact. Scan the barcode or use the Think Dirty app to learn more.

Buying cleaning products: Look for the EcoLogo, Green Seal, MADE SAFE or NTC labels. If possible, try a zero waste product that allows you to refill at an eco store. The Think Dirty app works for cleaning products, too.

Buying textile products: Look for the GOTS, OCS and OEKO-TEX labels from the Sustainable Apparel Coalition and Canada Organic Textiles Standard. These

labels guarantee that the product has been tested for harmful chemicals and produced in a socially responsible way. Fair trade and organic cotton, hemp and linen are the most sustainable textile materials. You can also look for the PETA-Approved Vegan label to find items made without animal products or animal cruelty. For clothing, the Good On You app can help you find sustainable options.

Buying wood products: Look for the FSC (Forest Stewardship Council) certification to ensure you’re supporting responsible forestry. Non-toxic and fair trade labels may also apply.

Buying electronics and appliances: Look for the ENERGY STAR® label. Even better, buy from a company like Miele or Dualit that encourages repairs and is committed to reducing carbon emissions.

The truth is that your consumer choices can help shape a better world. Low-waste, fair trade products really do contribute to a healthier planet!

Start by finding an eco-friendly store near you. You’ll have better luck finding a sustainable product if the shop itself values sustainability. Try eco+amour in Scarborough and Muskoka, or Toronto’s RefillMe, Keep Refillery, Unboxed Market, Urban Bulk & Refill or Ecotique.

Decide on the green features that matter most to you, such as ethical sourcing, eco-friendly materials and waste reduction initiatives. Then, check the product’s labels and look up the manufacturer on listings like Canada’s Ecolabel Index or the Canadian Government’s page on environmental labelling.

While it is always more sustainable to either buy second hand or not buy anything at all, sometimes a purchase is unavoidable. Remember: “Spend some time before spending a dime.” **OH**

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GIN & POMEGRANATE Cocktail

RECIPE AND PHOTOGRAPHY JENELLE MCCULLOCH

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COCKTAIL
IS TART AND
HERBACEOUS.
IT FEATURES
POMEGRANATE
AND A SWEET
BUT EARTHY
HONEY-THYME
SYRUP.**

INGREDIENTS


- 2 ounces gin
- 1 ounce pomegranate juice
- 1 ounce orange juice
- ½ ounce thyme honey syrup*

*To make thyme honey syrup, heat equal parts honey and water in a pan with a sprig of thyme. Bring to a simmer and let thyme infuse until cool.

INSTRUCTIONS


Combine all ingredients into a cocktail shaker with ice. Shake until cool and strain over ice. Garnish with a thyme sprig and thick zest of orange peel. Optional: With a butane torch, heat the thyme sprig until smoking. **OH**

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Continued on page 62



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TOOLS AND MATERIALS

Felt in a variety of colours

Yarn in a complementary colour of choice

Yarn needle

Pencil

Card stock

Scissors

Rotary cutter (optional but handy)



HOW-TO

Make a leaf template with some card stock. Fold the card stock in half and draw half a leaf on one side of the fold and cut out with your scissors. When unfolded you'll have a full leaf template.



Place your leaf template on top of a piece of felt and cut around the outside with scissors or a rotary cutter. Repeat until you have enough felt leaves for the length of garland you'd like.

TIP: We found the rotary cutter a little quicker and easier to cut multiple pieces of felt at one time. You'll need to make sure to protect your worktop with a cutting mat.



Start stringing your leaves onto a strand of yarn. Leave the yarn attached to the spool at one end until you have all your leaves strung, that way you'll be sure that you have a strand that is long enough. Thread the other end through the eye of the yarn needle. Fold one of your leaves from tip-to-tip accordion-style (this helps to keep your stitches even) and work the needle through all the folded layers and then gently pull the leaf over the needle and down the strand of yarn. Repeat this process until you have the length of garland you desire. Cut the yarn from the spool and knot the ends.

Now you're ready to decorate and enjoy! **OH**



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Kate Robinson and Ange Torrie



DESIGN POWER

Talented designers Kate Robinson and Ange Torrie have joined forces to create **Collective House Design Inc.**, combining considerable experience and design savvy gained while growing their successful, independent design firms. This collaboration leads to knowledgeable and professional results for every design project, large or small.



PROJECT MANAGEMENT

At Collective House Design, each client is assured a transparent and detailed approach to their design project. Kate and Ange will work alongside architects and builders to ensure every design detail is taken care of and that the project runs smoothly. With design assignments in Grey and Bruce counties, Southern Georgian Bay, the GTA and the Kitchener-Waterloo area, completed projects offer a curated elegance that reflects a homeowner's dreams and how they live in a space. With CHD's timeless design aesthetic of clean lines and neutral palettes, your completed project will give you years of pleasure.

A SPECTRUM OF SERVICES

The Full-Service Design package includes concept to project completion. Kate and Ange oversee all elements of a renovation or custom build to ensure a smooth process. It includes design, project management, sourcing materials and trades. If a client is looking to refresh a space without construction, their Full-Service Decorating package offers help to make that tired room beautiful. The Virtual-Decorating service includes design complete with clickable sources, so clients can shop the look.



DESIGN MADE EASY

Hiring a designer can be intimidating but using Collective House Design's free discovery call, which can be booked on their website, provides an opportunity to talk about a project and ask detailed questions about services and how to make it run smoothly. Clients can then book a two-hour, in-person consultation to discuss the scope and finer details of the project. **OH**



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MEDIA *is the* MESSAGE

STORY MEGAN SMITH-HARRIS

Whether it's the latest Hollywood blockbuster, the Stanley Cup Playoffs or *La Traviata* beamed directly into your home from New York's Metropolitan Opera, investing extra thought into the design of your media room or home theatre will create an optimal viewing and listening experience for everyone. Prices can range from \$10,000 for a simple home theatre package (projector, screen, speakers) to more than one million dollars for a mind-blowing, subterranean, high-tech installation. Here's some advice from local experts.

USAGE

First, determine the primary usage of the space. If it's a multi-purpose zone such as a main-floor great room or a gaming area with a pool table and bar, there will be ambient light and sound issues, so it's better to stick with a large flat-screen television and strategically placed speakers. If you're a film enthusiast looking to faithfully recreate a movie theatre atmosphere, a dedicated room that can be effectively darkened, with a ceiling-mounted projector, screen and more complex sound system will be a better fit.



ADVANCED SCREEN TIME

"Really cool projection technology is readily available," says Jason Rodrigues, general manager at London Audio, an audio/visual company specializing in home entertainment and automation. "For a multi-purpose media room, the current standard is a 75- to 98-inch high-definition 4K TV. Those with bigger budgets could opt for an 8K ultra-high-definition TV or the 114- to 140-inch micro-LED walls that are now available for residential use."



Continued on page 70



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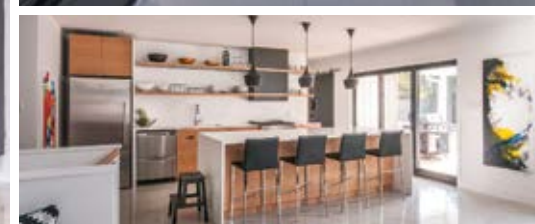
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The revolutionary LG Signature rollable 65-inch television is rolled into a tube that can roll up for viewing or back down to disappear.

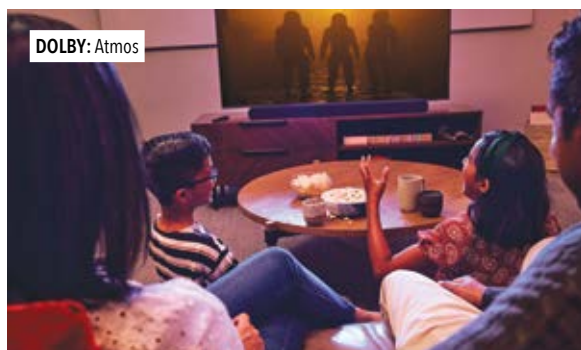


John Stumpf, manager at Fergus-based Station Earth, a custom electronics integration company specializing in the design and installation of high-performance home theatres and automation, says short-throw laser projectors will soon become more commonplace. These hybrid TV/projectors can throw a crisp image onto a 120-inch screen. The revolutionary LG Signature rollable television is also now on the market. The technology is housed in a sophisticated low black console with a front speaker and a 65-inch television rolled into a tube that can roll up for viewing or back down to disappear.

SOUND ADVICE

According to Jason, “You can’t have a good home theatre without good audio. Clear, quality sound elevates the viewing experience, so it’s important to invest in high-performance speakers. Entry-level packages include five speakers and one sub-woofer and go up from there.”

John recommends installing Dolby Atmos overhead channels, which typically include 11 speakers and four subwoofers. “We can directly place the sound within the room, providing an enhanced experience. You feel like you’re in the middle of the action – inside the car during a high-speed chase, in front of the tanks rolling towards you or directly beneath the plane flying overhead.” But he adds, “don’t forget the soundproofing.”



STRATEGIC LIGHTING

Light spill will dramatically diminish picture quality in a home theatre, so it’s critical to install automated blackout curtains or blinds. For safety, add LED floor lighting and for fun consider adding a dimmable fibre-optic ceiling to recreate the constellations.

AUTOMATE

A single universal device eliminates the need for multiple controls. Local audio-visual companies can help set you up with a dedicated system that will not only automate all your media, but also lighting, sound, home security, heating/cooling and shading.



INTEGRATION

Integrating state-of-the-art wiring, sound and internet features when building a new house is a no-brainer, but if you’re living in an older home, there are still ways to retrofit your rooms to hide unsightly wires, bulky components and speaker towers. Station Earth recommends using stealth speakers that can be installed behind drywall, wallpaper or wood veneer. An art-frame TV can camouflage a large black screen or hide it completely with a lift mechanism that allows a mirror or art piece to glide in and out of view.

What are you waiting for? Make some popcorn! **OH**

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IMMERSED *in nature*

STORY **LAUREN LONG** | PHOTOGRAPHY **SANDY MACKAY**



Jose and Amanda Adino Rodriguez
of AND-ROD Construction with Maggie

ON CRISP, FALL MORNINGS, ESME AND RYAN AWAKE TO START THEIR DAYS. HEADING DOWNSTAIRS, THEY ARE GREETED BY STUNNING VIEWS OF BIRCH, POPLAR, ASH AND MAPLE TREES THROUGH FLOOR-TO-CEILING WINDOWS IN THEIR LIVING ROOM. POPS OF VIBRANT ORANGE, RED AND YELLOW, GENTLY KISSED BY THE EARLY SUN, MAKE WAKING UP IN THEIR HOME BOTH ENERGIZING AND PEACEFUL.

Continued on page 74



The Osturn 1700 wood stove was purchased and installed by Cook's Plumbing, Heating, Cooling, Water & Electrical and the custom, powder-coated metal hearth was manufactured by Metal Edge Pipeworks and installed by AND-ROD Construction. The area rug was purchased from Ruggable. The L-shaped sectional sofa is a comfortable seat for viewing the wetlands near the home. The interior is painted Benjamin Moore Mayonnaise. **OPPOSITE, TOP:** The home is surrounded by a forest, which protects a large wetland. With walking distance to Lake Huron and the Bruce Trail, this area is ideal for this nature-loving couple. **BOTTOM:** The 1,500 sq. ft. home has a slab-on-grade foundation. The windows are from Van Dolder's Custom Exteriors and GAF Timberline roofing shingles were installed by Grey Bruce Roofing & Renos. Residential designer Greg Williamson assisted with the plans for the home.



“FOR ME, A FAVOURITE FEATURE OF OUR HOME IS THE LARGE WINDOWS OVERLOOKING THE WETLANDS – IT’S A BIRDER AND NATURALIST’S DREAM.” ~Esme



Building their first home on the Saugeen Bruce Peninsula was a dream the young couple worked hard to make come true. Esme, a conservation biologist, moved to the area for work in 2014. She fell in love with the landscapes and natural surroundings and the people of the Peninsula. When she was joined by Ryan in 2021, the two talked about their vision of building their own home in the Grey-Bruce area. They selected a property in a peaceful neighbourhood, nestled within the forest, with a stunning view of wetlands, steps from the Bruce Trail and walking distance to Lake Huron – the lot was ideal for a couple with dogs and an active lifestyle. “For me, a favourite feature of our home is the large windows overlooking the wetlands – it’s a birder and naturalist’s dream and almost makes you feel that you are outdoors while in the house,” says Esme. Esme met **Amanda and Jose Adino Rodriguez** of **AND-ROD Construction** several

years ago. Their kindness, reliability and passion for the local community made AND-ROD an easy choice to build with. Ryan and Esme appreciated how AND-ROD Construction supported their vision and respected their budget while making practical suggestions suited to their tastes for their consideration. “Jose and his team have a great sense of architectural composition,” says Ryan. “They suggested the natural pine details in the covered entry and the timber bents detail at the front of the home to add something unique to the design.” With the guidance and expertise of AND-ROD Construction, Ryan and Esme achieved their dream of a brand-new custom build, with 1,500 square feet of living space, including three bedrooms and two bathrooms. An experienced electrician, Ryan completed all the electrical work, while Esme drew on her artistic skills, painting the interior and staining the wood. This cut a lot of expenses and helped make their dream more achievable. *Continued on page 76*

ABOVE: Ryan and Esme relax on the sofa, binoculars at the ready for spotting birds or reptiles that call the forest and wetlands home. The ceiling is natural pine, finished with Bona Sealer by Ryan and Esme. **OPPOSITE, BOTTOM LEFT:** The front entrance hallway leads to the office that also doubles as a guest bedroom, the laundry room, a second guest bedroom and bathroom before opening to the double-height vaulted great room. Ikea closed shoe storage has a slim profile that works perfectly for the space. The Doorsmith front door was sourced through Wilson Home Building Centre. **TOP RIGHT:** Beavers Building constructed and installed the custom maple stairs leading to the second level. Flooring throughout the home is luxury vinyl installed and purchased from McNabb Flooring Solutions. **BOTTOM RIGHT:** Esme and Ryan’s love of the landscape and animals that surround their home is showcased in the artwork that hangs on their walls.





Tucked into a corner of the great room, the kitchen is a bright and organized space. Cabinets are Thomasville from Home Depot and installed by AND-ROD. The upper cabinets are Gypsum White and the lowers, Lagoon Blue. The copper door pulls are from Richelieu. **OPPOSITE, TOP LEFT:** The view through the floor-to-ceiling windows can be enjoyed as Ryan and Esme prepare food at the island. The HVAC system uses ductless mini-splits to heat and cool the home and was installed by Cook's. **TOP RIGHT:** A copper measure and cocktail shaker are ready to turn pink gin into a delightful tippie. **BOTTOM RIGHT:** The Silestone Ethereal Dusk counters in the kitchen were sourced through Amsco Solid Surface Canada and installed by Jeff Trask. Timber and building supplies were sourced at Wilson Home Building Centre.

Wood and other natural elements were used to blend with the forest surrounding their property and achieve a sense of warmth. Vinyl flooring, designed to reflect spalted maple, was a practical choice for durability and easy cleaning. AND-ROD Construction suggested natural hardwood features, like the custom maple staircase, built by the craftsmen from **Beavers Building**. **Benjamin Moore** Mayonnaise was chosen for the primary wall colour and Thornton Sage for the loft area to create a calming atmosphere, inspired by the environment.

Esme enjoys the spacious open

kitchen, offering prime views of wildlife, and Ryan loves the kitchen island, a feature he always favoured when building his own home. The Ethereal Dusk Silestone countertops, from **Amsco Solid Surface Canada**, bring a touch of contemporary elegance to the natural-minimalist cabinetry.

In the downstairs bathroom, custom vanities from **Teodor Vanities** complement the eco-inspired ambience.

“A quality vanity in any bathroom will instantly stand out as a feature, and it’s very apparent in this home,” says Amanda. *Continued on page 79*



The spacious glass shower in the primary en suite features an elegant Beckham Brother's Majestic tile design, installed by **Andeks Kettle of Kettle Carpentry**.

Jose and his team enjoyed the opportunity to get creative with custom elements. One notable must-have feature is the dog shower in the downstairs laundry room, which allows the couple to clean their pups after their adventures outdoors.

"It's just like a regular shower, but with different proportions," Jose says. "The dogs will be showering like royalty with black Moen fixtures and the timeless subway tile!"

Doing interior design themselves, Esme and Ryan furnished their home with blue and green décor, primarily wood furniture and local artwork to reflect their

nature-inspired theme.

They are particularly impressed by the HVAC system, which uses heat pumps with ductless mini-splits to heat and cool the home. A wood stove in the corner of the main room acts as both a backup heating system and a statement rustic feature.

The couple took advantage of AND-ROD Construction's trusted winterization package for future cost-savings and to make the home more energy-efficient – a top priority for an environmentalist like Esme. AND-ROD Construction was the first company on the peninsula to use the AdvanTech Zip System Panel, an all-in-one exterior sheathing product that does four tasks in one: structural sheathing, exterior continuous insulation, water-resistant barrier (WRB) and air barrier.

Continued on page 80

“FINDING A BUILDER WHO SUPPORTS YOU, SHARES YOUR VISION, AND WILL WORK WITH YOU THROUGH THE INEVITABLE CHALLENGES AHEAD IS REALLY IMPORTANT.”
~Esme

LEFT: The main-floor guest room has a view to the front of the property. White trim, installed throughout the home by AND-ROD, highlights the walls painted Benjamin Moore Quiet Moments and purchased from Scott's Home Hardware. **OPPOSITE, TOP LEFT:** The simple and refined design of the railings in the loft doesn't detract from the view over the wetlands. Gentek Siding and Maibec shakes plus trim protect the exterior of the home and were purchased and installed by Van Dolder's Custom Exteriors. **BOTTOM LEFT:** The main-floor laundry has the thoughtful addition of a dog shower that is stylishly finished with subway tile and black Moen fixtures and gets lots of use after long walks with the couple's dogs. **TOP RIGHT:** Framed and mounted butterflies add a pop of colour against the Benjamin Moore Thornton Sage walls in the loft. **BOTTOM RIGHT:** A sectional sofa in the seating area of the loft is surrounded by nature-inspired prints and is positioned to capture the view through the large windows.





AND-ROD Construction says the top considerations for homebuyers when building a new home are the lot buildability, choosing the right builder, taking time in the pre-planning stage and selecting local businesses to avoid possible delays and the logistics issues of working with tradesmen or suppliers from long distance.

Asked for advice for other young couples who dream of building a home, Esme and Ryan say it is important to understand how construction mortgages work before you start and to think ahead about elements you might want to include in the home in the future to incorporate into the initial plans.

Continued on page 82

ABOVE: All the interior painting for the home was completed by Esme, helping to save on the overall budget for the build. The vanity, in custom Sage Green, was sourced through Teodor Vanities and installed by AND-ROD. Plumbing for the home was completed by Peninsula Plumbing, which also installed the Moen fixtures. **RIGHT:** Floating shelves above the vessel tub in the primary bathroom display nature-inspired artwork, bringing the world that surrounds the home inside for closer reflection. **FAR RIGHT:** The large glass shower in the primary bathroom has Beckham Brother's 12-by-24-inch polished tile sourced from Wilson Home Building Centre and installed by Andeks Kettle of Kettle Carpentry.



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“Finding a builder who supports you, shares your vision, and will work with you through the inevitable challenges ahead is really important and we found that with AND-ROD,” says Esme.

AND-ROD Construction adds, “Pre-planning and clear communication between builder and client made this project a huge success; it was completed on the exact date agreed and within one per cent of the budget.”

Ryan and Esme look forward to spending all four seasons enjoying the outdoor playground of the Saugeen Bruce Peninsula and then retreating to the comfort of their dream home. **OH**

ABOVE: Interior Masonite doors are Shaker-style and were sourced at Wilson Home Building Centre and installed by AND-ROD. **TOP RIGHT:** An electric fireplace in the primary bedroom offers a warm glow on cold winter nights. Electrical for the home was installed by Ryan, an experienced electrician. **RIGHT:** The accent wall in the primary bedroom is painted Benjamin Moore Heather Gray. The reoccurring theme of nature is captured in the bedding and artwork. Lighting for the home was sourced from Home Depot and Amazon and installed by Ryan.

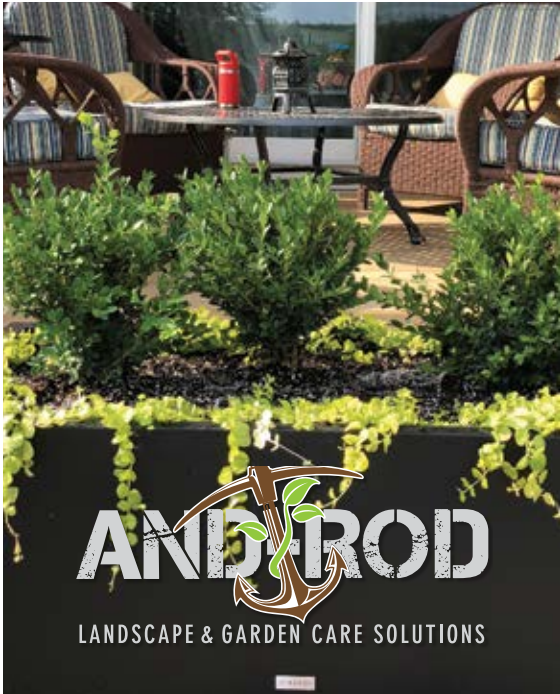




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AS CANADA'S HOUSING CRISIS GRINDS

on, governments have begun to pay much more attention to “gentle densification” – the concept of getting our existing properties to do more. In Ontario for example, the provincial government’s “More Homes Built Faster” legislation loosens up rules pertaining to accessory dwelling units such as garden suites.

So what does that change mean on the ground? Well, if you’ve been toying with adding a separate in-law suite, a rental suite or even some cool studio space on your property, today you potentially have less red tape to contend with.

While many of us might be intrigued, garden suites are also a fairly new format that not everyone is familiar with. And many homeowners may legitimately wonder: “Is a garden suite the answer to my family’s needs?” “Is this cost-effective?” And: “Can my property even accommodate a garden suite?”

We looked at the legislative changes and contacted a couple of industry experts about potential benefits and key considerations with garden and laneway suites.

Here's a closer look:

THE LEGISLATIVE CHANGES

Setting the stage, Ontario’s Bill 23 (which passed in November 2022) stated: “One of the ways we propose to increase gentle density is by expanding what’s allowed to be built without further planning approvals. Our plan would permit up to three residential units on most residential lots ‘as of right’ – that is to say, without needing a by-law amendment. For example: a main residence, a basement apartment, a garden house.”

In Toronto, where the housing crisis has hit especially hard, city council permitted laneway dwellings in 2019. Then in February of 2022, the city adopted a “Garden Suites Official Plan Amendment and Zoning By-law Amendment” allowing garden suites in most GTA residential zones.

Samantha Chan is marketing and sales director of Toronto-based Elevate Realty Inc., a real estate sales brokerage that focuses on investing in houses and multi-family homes. In a nutshell, the new garden suite legislation translates into way more opportunities, she says. Realistically, Samantha explains, only about 47,000 or so properties in Toronto meet laneway suite requirements (i.e., they have laneway access and meet fire requirements). Yet, thanks to by-law amendments, now, Samantha says, “You don’t need a laneway. As long as you have a big enough backyard, you can build a garden suite. If a homeowner wants to do it, it becomes a lot easier and more feasible for them.” *Continued on page 86*



Forest Hill

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- **Design** – Bianca says some homeowners match the architecture of their garden suite and main structure, whereas others prefer a juxtaposition. “We have architects and engineers that work alongside the client to create and bring to life their vision.”
- **Construction** – Decisions include whether to hire a project manager and/or specialized builders and contractors, etc.
- **Pricing** – This can range upwards from \$350 per square foot in Toronto (which is substantially lower than condo prices). Samantha notes that there are considerable fixed costs with garden suites and therefore building a two-storey suite can deliver both more living space and better cost per square foot as well.

Has there been an uptick in interest? In a word, yes. Already in the short time since new legislation rolled out, Bianca says she’s seen homeowner interest rise: “More and more people are looking for creative ways to maximize their living space and a garden suite provides a unique opportunity to do this.” **OH**

WHAT ARE GARDEN SUITES BEING USED FOR?

Bianca Acqua is director of sales and marketing for Woodbridge-based City Modular Buildings Inc., a company that specializes in modular homes, laneway and garden suites. From where she sits, Bianca is seeing various motivations in terms of why homeowners are building garden suites: “It really just depends on the needs of the individual or family,” she says. “So some people are using garden suites as rental units to generate additional income, while others are using them as separate office or studio spaces to work from home. We see that these garden suites are a great way of providing additional living quarters for multi-generational families or to serve as a guest suite for visitors.”

WHAT ARE SOME KEY FACTORS TO CONSIDER?

For homeowners exploring whether this option is workable, here are some key considerations:

- **Lot size** – Samantha notes a difference between garden suites and laneway suites. While a “laneway house can span the whole distance of your backyard,” she says a garden suite requires a setback on each side.
- **Compliance** – Garden suites must comply with relevant Ontario Building Code regulations and zoning by-laws.
- **Building permit** – These must be obtained.
- **Emergency access** – A compliance review is required.
- **Existing trees** – In Toronto, a garden suite “should not result in the removal of a healthy by-law protected tree.”

PHOTO COURTESY OF CITY MODULAR BUILDINGS INC.



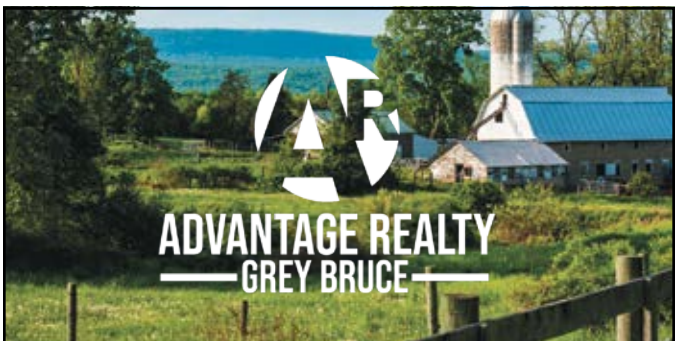
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187 Ishwar Drive, Kemble

This sophisticated, modern home is set on a one acre lot in popular Sutacriti Heights. Built in 2019, it is flooded with natural light and features crisp contemporary millwork, nine foot ceilings, and engineered hardwood flooring. The open concept kitchen/dining/great room is an inviting gathering space for family and friends. The bright kitchen includes a centre island, quartz countertops and a door to the outside. A five piece ensuite, complete with double sinks, glass shower and a soaker tub, highlights the large primary bedroom. Two additional bedrooms and a four piece bath finish the main floor. The full, unfinished basement could easily accommodate a family room, extra bedrooms, gym or office and the two car garage (heated, insulated & drywalled; 22'5" x 25'10") is a real plus. Outside, Shouldice Estate stone, Maibec wood siding and a notched timber-frame front porch give this home lovely curb appeal. The backyard has a large covered deck and the lawn flows up to rolling farmland. A wonderful property just past Cobble Beach Golf Resort Community and ten minutes to Owen Sound!



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Situated on a well-treed private lot, this blissful lakefront setting provides exceptional water views and unforgettable Lake Huron sunsets. The unique U-shaped cottage is larger than it looks and offers 3 good bedrooms, a 3pc bathroom, a laundry room, and an open-concept living room/dine-in kitchen with lake views and a wood stove for those cooler nights. This cottage comes turnkey with all furniture and appliances. MLS#: 40394946



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- To enable students to make the school to work transition by direct entry into apprenticeship training.
- To provide employers with the opportunity to train the skilled workers they require.
- To provide a viable solution to address the problem of skilled tradespeople shortages in general, and specifically the lack of young people joining the trades.

Contact **Justin Graham** at **Ontario Youth Apprenticeship Program**

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**Aimee Allen,
Market Manager**

SELECTION

We offer a wide selection of paints, from interior and exterior options, deck and wood siding stains to industrial products with various finishes and colours. Our paints are known for their high quality, durability and excellent coverage, making them a popular choice among homeowners and professionals alike.



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Continued on page 92

ALAIR HOMES GREY BRUCE

Growing up in Bruce County with a homebuilding father, the Freeburns were exposed to the craft from day one. They’ve been operating as Alair Homes Grey Bruce since 2013. It allows them to offer the community they know and respect one of most collaborative and open builders in the industry. When Carson Blodgett joined the business in 2017, the experience tripled at every project completed.

THE DIFFERENCE

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*Dylan Freeburn,
Ben Freeburn &
Carson Blodgett*

*We want to be on the same side
of the table as our clients.*

PHOTO: KIANNA SUNSHINE

THE TEAM

The key to our success is our dynamic team that is thorough in every detail of project planning and offers very clear communication to our clients. This helps avoid pressure and stress and makes the building process enjoyable for everyone, and we can prove it!



Continued on page 94

PHOTO: SANDY MACKAY

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Dan Graham,
Sales Representative



CURRENT MARKET

Some balance has been restored to the market and this is a comforting feeling for buyers and sellers. Offers with conditions have become a welcome sight and it is a healthy aspect of the sales process. Inventory levels and interest rates will play a big part in the way the market pendulum swings.

STRATEGY

With my knowledge of the local real estate market and Bruce County, my localized expertise will make a significant difference. Whether selling or buying your home, cottage, farm or land, my insight and guidance will ensure a successful transaction.



Continued on page 96

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PHOTO: KIANNA SUNSHINE



Continued on page 98

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Kerri McLean

PHOTO: SANDY MACKAY



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Continued on page 100

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PHOTO: ALAN SHISHKO OF FIRST SHOWING PROFESSIONAL VIRTUAL

TIME FLIES

We are city transplants who have lived, worked and played in Grey County for 20 years, so we understand that when it comes to real estate, people are interested in more than just finding a home. They want the Grey County lifestyle. **OH**



PHOTO: TANNIS TOOHEY

THE DRAW

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BATHROOM Bliss



STORY **FRANKIE CASTRO**
PHOTOGRAPHY **VALERIE WILCOX**



A bathroom renovation is one of the most complex and expensive projects you'll undertake. It's also one of the best investments you'll ever make. A lot goes into a successful bathroom reno and much of the magic happens long before the demo begins. Here are four tips to take your bathroom project from "all wet" to "best bet."

Plan Ahead

Every big project should start with a well-thought-out plan. Know the objectives of your bathroom renovation. Outline the details of the work, create a budget, including who will do it, and set a reasonable timeline. Working with a professional designer can help you avoid costly and time-consuming mistakes. Once you have a plan, apply for the necessary permits and order materials. It may take longer depending on the demand and availability of products and trades, so factor this into your timeline.

Choose Quality Over Quantity

There's nothing more disappointing than having a beautiful bathroom design on paper that is then poorly executed with sub-par products, materials or workmanship. Be realistic and ensure your plan reflects your budget. Do your research and view all samples in person, not just online.

A good designer and renovator will also recommend correcting any pre-existing problems behind the walls, such as plumbing and electrical issues, before digging into cosmetic upgrades and extras. *Continued on page 104*

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Selecting The Right Materials

Is your goal to modernize and “trendify” your bathroom, or are you hoping to create a space with staying power? Plumbing fixtures in chrome will always have a place in the home. However, there are many options to give your space some understated (or overstated!) oomph. Bronze and gold finishes have become mainstream, bringing luxury and warmth to a space. Beyond these, matte black and white or saturated-coloured fixtures have come to the market as a fun and unexpected infusion of personality into the room. Just be mindful that trends come and go, so if longevity is a priority, select classic metals that won’t soon show their age.

Are you a “bath person” or a “shower person”? Many homeowners want both within the design. Freestanding bathtubs are like art and can be the room’s focal point and a functional fixture in the bathroom – a perfect addition to the bathing area, with a full range of styles, sizes and materials, from classic to contemporary.



TIP: Set aside an “emergency fund” to cover unexpected issues that commonly arise once the walls are opened. Reserve 10 to 15 per cent of your renovation budget. If you don’t need it for corrections, you can add a splash of something else within the bathroom

Know When To Step Away

Can you survive without the use of this bathroom? If not, consider alternative accommodations or plan a vacation. Second, plan to be inconvenienced for the duration of the renovation. If you stay home, prepare for dust, noise and trades coming in and out. And know that this is temporary. Finally, know when to let your designer take the reins. Let them do what they do best. You’ve done your due diligence, hired a designer with the right experience and approved the plan.

A bathroom renovation is an exciting endeavour. It can also be costly and all-consuming. Don’t let it wash you out. Plan ahead with a clear vision of your renovation goals, budget and timeline and work with a professional designer to ensure a squeaky-clean process from start to finish. **OH**

Award-winning kitchen and bath designer Frankie Castro is the creative director and founder of Square Footage Custom Kitchens & Bath Inc.

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On Being A BIRDER

STORY LYNNE RICHARDSON

📷 As you age, it's ridiculous how fast bird-watching creeps up on you. You spend your whole life being 100% indifferent to birds, and then one day you're like "damn is that a yellow-rumped warbler?" @jessecase

Yellow-rumped Warbler

PHOTO: ROBIN JOWETT

BECOMING A BIRDER



This recent Instagram post about becoming a birdwatcher has, as they say, gone viral. It has raised a lot of laughs amongst the birding community because so many of us can relate. It's true, it is hard to put a finger on just how someone who's never noticed birds morphs into a full-fledged birder (pun intended).

For some, it happens slowly and insidiously, perhaps starting with a general interest in nature. For others, myself included, it is something innate. I can't remember ever not being interested in birds. I made up names for birds before I got my first field guide. I always had to know what bird that was, which bird sang that song, who built that nest and where did the birds go in winter?

For many, it happens virtually overnight. Something awakens inside and you start to realize that you are always on the lookout for birds, you want to see new birds, you are going birding. You have become a birder!

THIS THING CALLED BIRDING

What exactly is this thing called birding? A dictionary definition is "the observation of birds in their natural habitats as a hobby." But that simple definition doesn't cover the full extent of this pastime. Buying binoculars and trying to identify what you're seeing is the next step. Then comes a quest for information on each species, learning a bit about their song, their preferred habitat, their behaviour and their life cycles. The more you learn the more you want to learn. At this point your simple birdwatching activity evolves to a more passionate pursuit of birds; a compulsion, an obsession even. The more you see, the more you want to see. This is when you've become a birder, the more serious term for the next level of birdwatching.

SPARK BIRD



A common introduction to birding is often triggered by what birders refer to as seeing a "spark bird." It's the sighting of the bird that sparks your interest in birding. It's the instance you really take notice of the unique beauty of a bird, or its song or its behaviour. Each person seems to have their own happy story about their particular spark-bird moment.

Sometimes there are several such moments that come together to ignite the passion for birds. I know some birders who noticed a picture of a bird in a magazine, which sparked a desire to see it in the wild, setting them off on a spark-bird quest. Then, the quest may not produce your target bird, but searching for it inevitably opens your eyes to other birds out there that you would not have noticed before. You're on your way to discovering a previously unknown, virtual parallel universe, filled with birds. There's no going back.

NOW YOU SEE IT

The development of digital camera technology can be credited with turning many into birders. Let's face it, before the dawn of the digital age, you'd catch a fleeting glimpse of an interesting bird, you'd pull out your field guide and start flipping through the pages to pin down an identification. The bird flies off and you are left with a muddled memory of what you saw. Even with binoculars, it's hard to embed the details of a quick glimpse in your brain. Such frustration could make it seem like birding is too much work and not fun.

However, having a camera at the ready to fire off a rapid series of shots before the bird flies leaves you with the opportunity to study the sighting at your leisure, with photographic images at hand to consult. It's a relatively new-age method of identifying birds, but one many have readily taken to. Photography is now an additional tool in the birders' bag of ID tricks.

Red-headed Woodpecker

PHOTO: NIGEL EVES

THERE'S AN APP FOR THAT



Another dramatic change in the world of birding is the advent of bird apps. The bulky field guide that you leave in the car is now on an app on your phone, which is in your pocket and at the ready. The apps have everything your old field guide has and more. They come complete with range maps, male, female and juvie plumage plates, life histories and even each species' songs and calls! There are apps that will record birdsong around you and instantly pop up suggestions and pictures of possible identification. They're reasonably accurate, but not infallible – it's always best to get a look at the songster to confirm. These same apps will also suggest the identity of a bird from your photographs. And they will even suggest an ID of a bird you describe to it. Finally, there's an app (eBird) to record all your sightings on and in doing so you are contributing valuable data on a species' abundance and distribution to the scientific record, which informs conservation policy and action. It combines the fascinating joy of birding with a scientific purpose, making for a most honourable recreational undertaking.

GO BIRDING!



These apps and aids put you on the fast-track to building your birding skills for sure. They've contributed to a boom in birding as a recreational pursuit. But still, nothing beats simply getting out there in nature and self-finding a species you've never seen before. So pack up your gear and go birding! **OH**

American Redstart

PHOTO: ROBIN JOWETT

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PROJECT AND PHOTOGRAPHY **ERIN ROCHON**

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MATERIALS

Upcycled 15-inch round placemat or 15-inch round piece of burlap to use as a backing

Jute rope

Brown macramé cord (non-braided type)

Fabric scissors

Hot glue gun

Comb

HOW-TO

Step One

Start in the centre of the upcycled placemat (or burlap round) and begin coiling the jute rope. Add a drop of glue to hold it in place. Continue to wrap the jute rope, adding glue to secure it in place as you coil, until it reaches 12-inches in diameter. Cut and glue the end of the jute rope to the placemat.



Step Two

Wrap the macramé cord around the outside of the jute section and cut it approximately six inches longer. This will give you a filler cord to hold the fringe pieces around the outside edge of the placemat. Now, cut five-inch sections of the macramé cord to use as the fringe pieces. Cut enough to cover the circumference of the mat and a few more.



Step Three

The fringes are made using a Lark's Head knot. Start by placing the long filler cord flat. Then fold a five-inch piece of cord in half and place on top of the filler cord, creating a loop at the top. Bring the loop around the back, pull the ends through the loop and tighten. Repeat this step until the long filler cord is covered with the fringe pieces.



Step Four

Glue the fringe, with knots facing in, around the edge of the jute rope and cut off any extra length. Use the comb to brush out the threads of the macramé cord and create the fringe. Trim any uneven threads.



Make a set of these placemats and add them to your table to start the fall season in style! **OH**

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Inside AN ARTIST'S HOMIE

STORY **JULIE SIMMONDS**
PHOTOGRAPHY **SANDY MACKAY**

KELLY McDOUGALL AND HER PARTNER MARC FREYER DESIGNED THIS TRANQUIL AND COSY CAPE COD-STYLE HAVEN TUCKED AWAY IN THE HEART OF WIARTON. THEY HAVE CREATED THEIR OASIS AS AN EVER-EVOLVING CANVAS REFLECTING THEIR JOURNEY TOGETHER OVER THE LAST 14 YEARS. *Continued on page 115*



FAR LEFT: Kelly works on her art in her lower-level studio. **LEFT:** Some of Kelly's artwork waits to make a reappearance in the changing gallery walls of her home. **OPPOSITE:** The backyard of the charming house that Kelly and Marc call home restores their souls. Wiarton's sheltered harbour is a short walk away, giving this nature-loving couple another beautiful spot to relax.



Kelly McDougall and Marc Freyer

“SOMETIMES ART IS ABOUT WHAT THAT PIECE SAID TO ME AT THAT TIME.” ~Kelly McDougall



The compact kitchen is full of light, with the large window over the sink capturing the view of the backyard and the door giving direct access. The vessel artwork is by Kelly.



ABOVE: A landscape by Walter Bachinski hangs in the dining area. The walls are painted BeautiTone Artifact. **LEFT:** The original wood flooring in the home glows with a rich patina and character only achieved through years of use. A bowl of apples and a simple floral arrangement on the sideboard in the dining area bookend artwork by Robert Marchessault. **RIGHT:** Open shelving is custom to an alcove beside the dining table. Serving dishes are artfully arranged in a still-life display that is only altered when a piece is moved for use. Artwork is by Stu Oxley.



Kelly, an artist and high-school educator, acquired the property from a friend who was moving to New Zealand. While the house was appealing, the expansive backyard truly stole their hearts. It's a private natural oasis with 65 trees and the creatures they house – birds, bunnies and squirrels keen to visit their human neighbours. Located two blocks from the water and at the base of the Peninsula, Kelly's home is a stone's throw from the breathtaking beauty of Georgian Bay. She is fortunate enough to live in an area commonly referred to as cottage country, where she can experience the feeling of being on a permanent vacation. Marc, a skilled craftsman who works with **Foster-Long Custom Builders Ltd.**, has meticulously recreated several areas of their home, from updating old windows and lighting to modernizing the bathrooms. The exterior now sports black windows, a recent addition that has transformed the facade. Hardwood floors throughout the house give it a cosy cottage feel, and its design is practical, making it easy to maintain. Despite ongoing renovations, the house still retains its unique charm and calmness. It's a comfortable living space and welcomes all visitors. *Continued on page 116*

feature

Kelly and Marc have created a beautiful space that reflects their journey together. Each room is thoughtfully decorated with art and décor that is deeply personal. The living room houses a stunning piece by James Taylor (not the singer), another by his partner Dana Valjic and a watercolour acquired from an art colleague after his journey to the Arctic. Kelly's artwork is also on display, with vessel imagery featured prominently – a theme she's been exploring for more than 35 years. Bird and bunny imagery is another recurring motif, reflecting the couple's love for nature.

Kelly's home is a living canvas that reflects both her style and life's journey. This dynamic relationship is reflected in her home décor, where pieces may come and go, make reappearances or take on new significance over time. "Sometimes art is about what that piece said to me at that time," she explains. The process of choosing art is an intuitive one for Kelly. She doesn't draw a hard line between artwork and home décor. If a piece speaks to her, whether it's considered fine art or simply décor, it has a place in her home. This open-minded approach creates a living space authentically Kelly – diverse, vibrant and deeply personal. *Continued on page 118*



LEFT: The living room walls are painted Benjamin Moore Gray Owl. The sofa is from Perez Collections Montreal with the painting above by James Taylor. Glass interior doors let sunlight into the front hall. **ABOVE:** With a stone hearth and surround, the wood-burning fireplace is the heart of the living room, spreading its warmth and dancing flames for Kelly and Marc's enjoyment. Artwork over the mantel is John Kaandorp. Over the leather chair sourced at Leon's hangs a piece by Dana Valjic. **BELOW:** A reading nook by the french doors in the living room has a view of the mature landscape that stole Kelly and Marc's hearts and led to them purchasing the property.



ABOVE LEFT & LEFT: Local apples on the coffee table in the living room sit next to a lush fern that flourishes with Kelly's care and with the natural light that floods the home. Extra storage is achieved with a dresser with deep drawers. The painting above is by Kelly and further explores vessel imagery. **ABOVE RIGHT:** A testimonial to the couple's love of books is displayed in the hallway beside the stairs to the upper level. The oil painting is by Horace Vick and the etching by Tony Scherman. **RIGHT:** The main-floor bathroom is painted Benjamin Moore Balboa Mist, which follows the gentle paint tones used in the rest of the home.





“I PURCHASED AN INEXPENSIVE, LARGE IMAGE OF A BEACH TO REMIND ME THAT THERE WERE GOING TO BE BETTER DAYS AHEAD.”
~Kelly McDougall

One piece, in particular, stands out – a beautiful beach photograph Kelly purchased during a challenging recovery period from a prolonged illness a few years ago. The image served as a beacon of hope for her, recalling, “I purchased an inexpensive, large image of a beach to remind me that there were going to be better days ahead.” It’s a testament to the power of art to transport us, offer solace and inspire optimism even in our darkest hours. And those better days have now come back into Kelly’s life, as she has stepped back into the classroom where she teaches media in all its forms and it’s a testament to the human condition.

Continued on page 120

TOP LEFT: A nook in an alcove in the guest bedroom offers a quiet spot for reflection and meditation. The wall colour is Benjamin Moore Mocha Cream. **TOP RIGHT:** With bunnies happily playing alongside Kelly and Marc when they are in the garden, it seems right to have a charming painting of a bunny by Deborah Masters on the wall inside. **RIGHT:** A photograph hanging over the Stylus sofa in the guest room served as a beacon of hope for Kelly, reminding her that better days were ahead.



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As with any older home, storage can be in short supply. Kelly and Marc have been creative with this dilemma by using furniture like this bed frame to keep important items easily accessible. Walls are painted Benjamin Moore Manchester Tan.

Stepping outside, the lush backyard speaks to the couple's love for the outdoors. Kelly's garden beams with pride and shows how her loving, creative hands have cultivated a beautiful space to sit, reflect and be present in nature. "There's something really lovely about sitting in that backspace after a busy day and having the trees, flowers and creatures come to join us," Kelly shares. "And sometimes the bunnies back there will be within a foot of where I am, or I'll be working in the garden, and they're just beside me. They're pretty comfortable with humans. The chipmunks eat from our hands." Marc's trick? Peanuts!

Inside and out, Kelly and Marc's home and property have been a place of refuge, providing comfort and peace during challenging times. It reflects their personal growth and journey as a couple, showcasing a beautiful blend of love, resilience and transformation through their passion for art. Much like their lives, their home is an amalgamation of past memories, present moments and future aspirations. It symbolizes their journey, a story of resilience, a canvas for their shared love for art and nature, creating a narrative as captivating as the art that adorns their beloved Wiarnton home. **OH**

TOP LEFT: The flight of stairs to the upper level, with hardwood treads and white risers, appears to float in the space. The etching at the top of the stairs is by Walter Bachinski. **TOP MIDDLE & RIGHT:** A chest of drawers from EQ3 in the primary bedroom is perfect for displaying special items that represent Kelly and Marc's personal style. The etching over the wicker chair is by Tara Cooper.



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How Long Are LEFTOVERS Safe To Eat?

STORY **BAILEY FRANKLYN**



The holidays are right around the corner, and that often means a refrigerator full of food, and potentially a lot of leftovers. Leftovers can be great! It means cook once and eat for a few days. But how long are those leftovers safe to eat?

Most health experts suggest eating your refrigerated leftovers within three to four days. This time frame depends on the type of food and the storage method.

RISK LEVEL

Some foods are at higher risk than others for containing bacteria and other toxins, which is what can cause food poisoning. Some high-risk foods include meat, poultry, seafood, soups, eggs, stews and cooked rice. There is some variation in how long these leftovers last depending on the type of meat, or how the food was prepared, but the general recommendation for any of these higher risk foods is to consume them within three or four days (two to three days for soups and stews).

PROPER STORAGE TIPS

Once food stops cooking and starts to cool down (or is no longer kept cold and starts to warm up), it should be refrigerated within two hours. Keeping leftovers at 39.2°F (4°C) or below (typical refrigerator temperature) will slow the growth of potentially harmful bacteria.

If leftovers have been left at room temperature for longer than two hours, they should be thrown out.

When storing leftovers, be sure to use clean, airtight containers and keep different types of leftovers separate. Try not to overcrowd your refrigerator with leftovers and warm containers. This can raise the temperature of your fridge. And keep your leftovers in the coldest part of the fridge – the back of middle/upper shelves, not in the door.

If you know you're not going to eat something within three or four days, freeze it. Freezing leftovers can extend the life for a couple of months, depending on the food.

REHEATING

When it comes to reheating and enjoying your leftovers, there is a safe way to do that, too. Refrigerated foods should be reheated to an internal temperature of 165°F (73.9°C). Use a food thermometer to confirm. Soups, stews, sauces or gravies should be brought to a rolling boil before eating again. If something is reheated and not eaten, it should be discarded.

If something has been frozen, it can be thawed in the microwave, a sink or bowl of cold water or in the refrigerator. Thawed food should be cooked and/or consumed immediately. While many of us grew up seeing that night's dinner thawing on the counter all day and we all survived, for everyone's safety, it's best to follow one of the above practices.

SAFETY FIRST

Just because leftovers look and smell okay, it does not mean they're safe to eat. Not all food will get mouldy or smell off. I know that it's hard to throw out seemingly good food, but trust me, food poisoning is worse than food waste. When in doubt, throw it out. **OH**

Bailey Franklyn is a Registered Dietitian living in Meaford.

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ACCOMMODATIONS/LODGING/
RENTALS

Sauble Cottage Rentals, 61

APPLIANCES

Macdonald’s Furniture & Appliances, 2
Square Deal Neil’s TV & Appliances, 37

ART/ARTISANS/ART GALLERIES/
STUDIOS/WORKSHOPS

Interior Motives, 24

BILLIARDS

Double D Company, 93

BUILDERS

Alair Homes, 9
AND-ROD Construction Ltd., 83
Candue Homes, 59
Good Little Builders Inc., 57
Great Lakes Custom Homes, 101
High R Construction, 35
Miller’s Home Hardware Building
Centre/Beaver Homes, 63
Pineridge Log & Timber Frame, 15
Quality Construction Services, 51
The Great Lakes Frame Company, 132
Universal Builders, 105
Valley Home Improvements, 69
Wiarton Design Centre div of
Wiarton Home Building Centre, 119

BUILDING/LANDSCAPE SUPPLIES

Centre Grey Building Supplies, 125
Flesherton/Markdale Home Hardware, 125
Miller’s Home Hardware Building
Centre/Beaver Homes, 63
Moggie Valley Timber Inc., 35
Wiarton Design Centre div of
Wiarton Home Building Centre, 119

CABINETS & MILLWORK/
CARPENTRY/FINE WOODWORKING/
CUSTOM FURNITURE

Brubacher Cabinets, 105
Great Lakes Woodworking Elmwood, 16
Luxury Woodworking, 66&67
Topnotch Furniture, 10&11

COUNTERTOPS

City Stone, 17
The Old Barn, 4&5

DRYWALL/PLASTER/STUCCO

Meg’s Drywall, 39

EDUCATION

Ontario Youth Apprenticeship
Program (OYAP), 88&89

Simcoe County District School
Board, 88&89

Simcoe Muskoka Catholic District
School Board, 88&89

FENCING/DECKS/GATES

Built Wright Fencing, 8
Postech Grey Bruce, 95
Precision Deck and Fence, 55

FIREPLACES & STOVES/ACCESSORIES

Chantico Fireplace Gallery, 21
Pratt Plumbing and Heating, 57
The Fyre Place & Patio Shop, 81, 95

FLOORING

Cuneo Interiors Carpet One Floor
& Home, 12, 71
Moggie Valley Timber Inc., 35
South Bruce Flooring, 121

FLORAL DESIGN/FLORISTS

Markdale Flowers, 61

FOOD & DRINK/RESTAURANTS/
CATERING/DELI

Good Family Farms, 29
The Cook’s Cupboard, 59, 103
The Market Shoppe, 31
Top of the Rock, 125

FOUNDATIONS

Cook Concrete, 57
Postech Grey Bruce, 95

FURNITURE & HOME DECOR/
ACCENTS/GIFTS/COLLECTIBLES

Country Charm Mennonite Furniture, 129
Fulford Bathware, 103
Grey Bruce Design Studio, 13
House Rules Design Shop, 39
Interior Motives, 24
Macdonald’s Furniture & Appliances, 2
Smitty’s Fine Furniture, 131
The Fyre Place & Patio Shop, 81, 95
Topnotch Furniture, 10&11
Unique Pieces, 61
Wiarton Design Centre div of
Wiarton Home Building Centre, 119

GARDEN CENTRES/GREENHOUSES/
NURSERIES

Maxwell Garden Center, 101

GEOTHERMAL

Sandy Hamilton Plumbing & Heating Inc., 97

HEATING & COOLING

Ken Philp ClimateCare, 99

Pratt Plumbing and Heating, 57
Sandy Hamilton Plumbing & Heating Inc., 97

HOME IMPROVEMENTS/
RENOVATIONS

Good Little Builders Inc., 57
Great Lakes Custom Homes, 101
RM Knapp Construction, 93
Spring Ridge Contracting & Design, 17
Valley Home Improvements, 69

INSULATION

Airtight Insulation Solutions, 111, 123
High R Construction, 35

INTERIOR DESIGN/HOME STAGING

Angela Kensit Home Staging, 119
Collective House Design Inc., 29
Cuneo Interiors Carpet One Floor
& Home, 12, 71
House Rules Design Shop, 39

KITCHEN & BATH

Brubacher Cabinets, 105
Fulford Bathware, 103
Great Lakes Woodworking Elmwood, 16
House Rules Design Shop, 39
Luxury Woodworking, 66&67
Wiarton Design Centre div of
Wiarton Home Building Centre, 119

KITCHENWARE/RESTAURANT SUPPLY

The Cook’s Cupboard, 59, 103

LANDSCAPE DESIGN & ARCHITECTURE/
LANDSCAPING/LAWN & GARDEN

AND-ROD Landscape & Garden
Care Solutions, 83
Beaver Valley Rock Solid Landscapes, 14
Hutten & Co. Land and Shore, 6
RM Knapp Landscape Construction, 93

MACHINERY/SMALL EQUIPMENT/
FARM SUPPLIES

Equipment Ontario, 97
Maple Lane Farm Service, 33

MOVING & STORAGE

A1 Storage, 25, 123
John Thompson Movers, 97

ORGANIZATION/STORAGE

Stor-x Orangizing Systems, 69
Wilson Solutions, 23

OUTDOOR FURNITURE/STRUCTURES

Maxwell Garden Center, 101
Spring Ridge Contracting & Design, 17
The Fyre Place & Patio Shop, 81, 95

PAINTING & DECORATING

Benjamin Moore, 12
Cuneo Interiors Carpet One Floor
& Home, 12, 71
Fulford Bathware, 103
Grey Bruce Paint and Decor, 12, 37
House Rules Design Shop, 39
Lockwood Painting, 39
Sherwin Williams, 29
Southhampton Home Hardware, 12

PAINTING, PRIMING, BLASTING
& STAINING

Premier Industrial Painting, 33

PAVING/CEMENT/CONCRETE/
INTERLOCK

Cook Concrete, 57
Extreme Linings and Coatings, 103

PLUMBING

Ken Philp ClimateCare, 99
Pratt Plumbing and Heating, 57
Sandy Hamilton Plumbing &
Heating Inc., 97

REAL ESTATE

Chestnut Park, 19
Engel & Völkers – McGregor
Hahne Group, 7
EXP Realty Brokerage –
Scott Crowther, 87
Forest Hill Real Estate Grey County –
Mark & Laura Murakami, 85
Sutton Sound Realty Inc. –
Krista Gill, 3
Wilfred McIntee & Co. Ltd. –
Dan Graham, 87

RETIREMENT CENTRES &
COMMUNITIES/SENIOR CARE

Elgin Lodge Retirement Residence, 16

ROOFING

Karn’s Roofing Ltd., 49
Reilly’s Roofing, 13

SPECIAL EVENTS

The Market Shoppe, 31

STONE PRODUCTS/VENEER

West Shore Stone and Brick Inc., 53, 123

WINDOW TREATMENTS

Ashtons Blinds.Draperies.Shutters, 29, 123
Budget Blinds of Owen Sound, 119
Cuneo Interiors Carpet One Floor
& Home, 12, 71
Sunset Blinds, 49
Wilson Solutions, 23

WINDOWS & DOORS

Desboro Doors, 81
Home & Cottage Windows & Doors
Inc., 61
Marvin Windows & Doors Canada, 107

WORKPLACE SAFETY

Spencer Safety Solutions, 49

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BUTTERNUT SQUASH *pasta*

RECIPE AND PHOTOGRAPHY JENELLE MCCULLOCH



THIS PASTA RECIPE IS A FALL COMFORT DISH. ROASTED BUTTERNUT SQUASH IS PURÉED WITH RICOTTA CHEESE TO CREATE A CREAMY PASTA SAUCE TOPPED WITH AROMATIC CRISPY SAGE.

INGREDIENTS

- 2 cups butternut squash, peeled and cubed
- 4 cloves garlic, peeled
- 1 Tbsp thyme
- ½ cup ricotta cheese
- ¼ - ½ cup vegetable or chicken stock
- 1 box (450g) dried pasta of choice
- Fresh sage, to serve
- Parmesan, to serve
- Salt and pepper
- Extra virgin olive oil



INSTRUCTIONS

Preheat oven to 400°F.

On a baking sheet, toss together butternut squash, garlic cloves, thyme and olive oil. Season with salt and pepper.

Roast squash for 30-35 minutes.

When tender, add the butternut squash, garlic and ricotta to a food processor. Add stock as needed and purée until smooth.

Bring a large pot of salted water to a boil. Cook pasta according to package directions. Save one cup of pasta water and drain the noodles when cooked.

Add a tablespoon of olive oil to a large skillet.

Over medium-high heat, fry sage leaves on each side for 30 seconds or until crisp. Remove from pan and set on a paper towel.

Add butternut squash purée, ½ cup of pasta water and cooked pasta to the pan. Toss to combine, adding more pasta water as needed.

Top with parmesan and crispy sage to serve! **OH**



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