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YOU WAKE UP ON A SUNNY

September morning, the kind of day that's crisp, a little too bright, and holds the promise of Indian summer, but the sky has a kind of washed look about it and you know it's time. It's a bone-deep instinctive knowledge, born from generations of old wives' tales and childhood memories, that subtly warns you to pay more attention for wandering deer, to begin stowing a sweater in your car, to extract your leather boots from the recesses of your closet, and to decorate your porch.

Soon your neighbours will join in on the fun, one after another, until your street is a shockingly colourful bonanza of pumpkins, root veggies, hay bales, vibrant mums and dried wheat bundles. Decorating is always an exhilarating activity, but the cleanup leaves something to be desired. I'm that neighbour no one likes – the one who keeps her Christmas tree up until mid-January, who forgets to take down the Halloween decorations and who still has our daughter's "Happy 1st Birthday" message up four months post-party.

A couple of years ago I put the cleanup off so long the pumpkins I had placed in my front garden with such care became blanketed in the first snow of November. Though I fervently swore I'd toss them in the rubbish bin, fall became winter, winter became spring, and I forgot entirely about my sad rotting pumpkins. Eventually they decomposed and, along with all evidence of my procrastination, vanished silently into the earth. Or so I thought.

Unbeknownst to me a strange green plant was germinating in my flower garden. What I thought was a weed, for it was growing at a ferocious speed, began creeping out into my lawn. Suddenly one morning, bright blossoms burst forth on the vines and we realized it was most certainly a pumpkin plant. That our forgotten pumpkins had given life to a whole new plant was a pretty comical surprise. I was very excited to use my own homegrown pumpkins on my porch the following fall. However, destined though it seemed at first, a convergence of circumstances, including a car, a driveway and a determined plant, brought a swift end to my would-be pumpkins. The garden was simply too close to the driveway that the unplanned-for pumpkin plant was bent on reaching, and one afternoon it got run over by the car. The damage to the vine seemed to shock the plant. It never recovered and stopped growing.

It's a sad end to a silly story, but I'll never forget my surprise pumpkin plant. I confess that I have since been tempted to leave my porch pumpkins to rot in the hopes of discovering another surprise pumpkin plant come spring. Perhaps this year will be the lucky year.

Jernifer Selliel

Jennifer Schleich, Managing Editor jenn.schleich@ourhomes.ca

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advice



Designer Stephanie Redmond shares her ideas.



KIDS' BEDROOMS

Kids' bedrooms can be a challenge. The characters, favourite colours and toys can all create a bit of a circus effect. Kids like bold, they like pattern, and they don't always see what matches with the same level of maturity as you do. Not to mention, you're trying to please what will likely be your toughest client!

A bedroom or playroom does not have to be decorated with the same level of sophistication as the rest of your home, but it should certainly flow. Show a bit of restraint so the space doesn't look too wild. After all, we are trying to create a restful space (for the bedroom anyhow), not a party zone.

Kids are busy!

Their needs are more than just a bed and a dresser. They require a space to sit and play, a place to read, and storage for stuffies and toys. It should be soft and inviting but also stain resistant and easily maintained. I don't believe they always intend on making a mess, but they certainly have a knack for it. So instead of choosing perishable fabrics, make sure everything is washable so it lasts.

Remember that younger kids are short!

They can't reach anything set at adult height and it causes frustration. Set hooks low so they can easily hang up a sweater or backpack and make sure there is a stool on hand for high light switches. You can ask kids to clean up, but you have to have a system in place to allow them to do it.

If you let your child choose a paint colour, I guarantee they will choose something bold. Instead of fighting a losing battle, use their choice as an accent colour on one wall or on a piece of furniture. Don't overdo it. The same applies for wall coverings. A whole bedroom in pattern can be busy and leaves no space for trophy shelves or artwork.



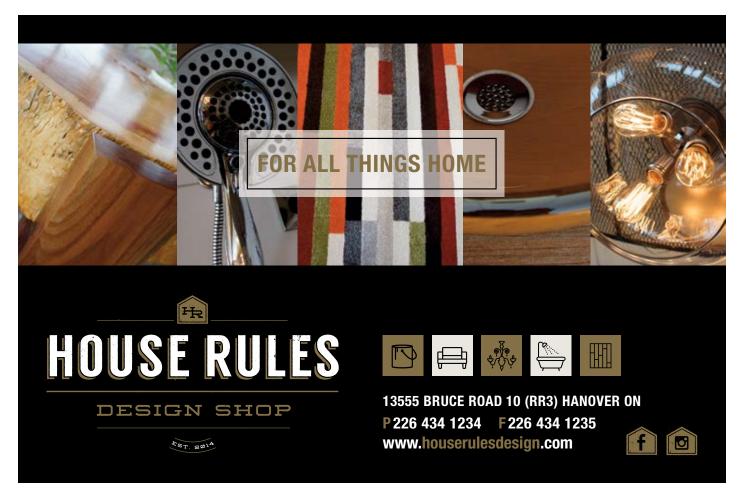
Lighting

Lighting is always important and you should have at least two options: One to light the space when it's playtime and one to read by in bed. If you have a desk in the room, don't forget a small desk lamp. Children like to be masters of their domains, so give them the right tools for a little independence.

It's easy to get caught up in the here and now with a child's room, especially with the younger set. But beware of the age trap. In one or two years, they will outgrow it. Think ahead! OH



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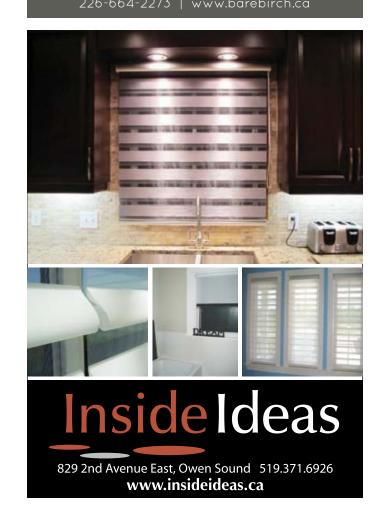
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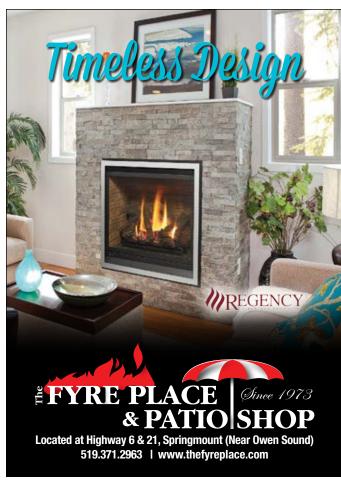
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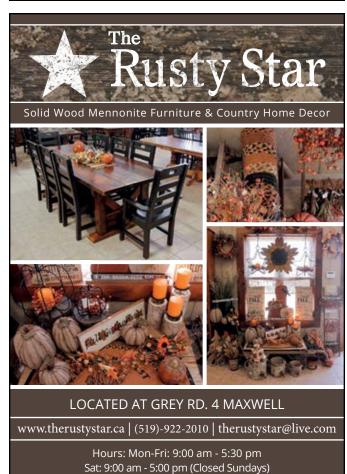






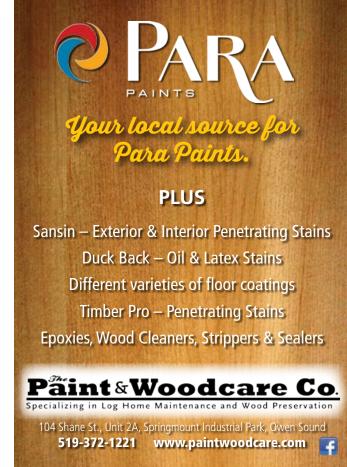




















OLD WORLD CHARM AT THE FALLS



STORY JENNIFER SCHLEICH
PHOTOGRAPHY SANDY MACKAY
CUPCAKES THE BACK FORTY BAKER

On a quiet road in Durham, the rushing of water over McGowan Falls is like a natural lullaby infusing the home of Henry and Sandie Maldonado with serenity.

Sprawling gardens and a wooded lot add magic to the charming rustic dwelling, which is steeped in history – history of the home and history of each antique that resides behind its front door.

The Maldonado house is a home quite unlike any other. Almost every piece of furniture, big and small, is an antique, right down to the light fixtures and dishware. Collected with meticulous care, born from a deep love of antique hunting and one spouse's patience for another's fondness for auctions, the 1870s house boasts that it's well-loved. The utmost care was put into its restoration, which began with the home's previous owners.

"The house gives us a sense of peace," says Sandie. "It has a heart and it needed to come back to life. We had about 80 people stop in when we moved in, who said they can't believe the beautiful work we've done on the house and who were so happy someone was taking care of it."

When the Maldonados, their two dogs, Peyton and Dallas, and two cats, Lucy and Ella, took over the house in 2014 it was much improved, thanks to the extensive work done by the previous owners. After repairing the interior, including gutting, drywalling, rewiring and installing a furnace, the previous owners parted ways with the house. Nevertheless, Henry and Sandie still had their

ontinued on page 24





ABOVE: The Maldonados porch showcases some of their unique antiques and harkens to the couple's Southern past. LEFT: The home's wrap-around porch has a colourful collection of antiques and flowering shrubs. OPPOSITE, TOP LEFT: A vintage garden bench sits among the sprawling flower beds and woods surrounding the Maldonados' house. TOP RIGHT: A rustic bench adorned with a collection of vintage watering cans sits alongside the original barn. BOTTOM: The 1800s Durham homestead was rejuvenated with fresh paint and a new roof, which accentuates the gingerbread trim and Victorian columns.

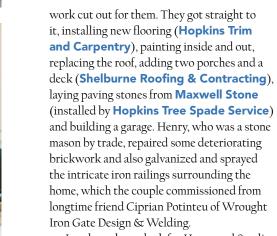
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feature

RIGHT: The new kitchen, which features slate flooring and granite counters, is home to a vast collection of ornate ironstone and pewter cookware.

BELOW: Trade signs, like "Country Store," proliferate throughout the house, which Henry calls a "sign house." BOTTOM: An authentic vintage kitchen scale doubles as a dessert stand for fitting cupcakes from The Back Forty Baker.





It only took one look for Henry and Sandie to fall in love with the century home. Despite the enormous amount of work they invested in their previous home in Shelburne, and the surprised protests from their neighbours

and friends who were sad to see them leave, the duo set out on a new adventure and never looked back.

"This was a chance encounter, when, during one of the worst winters in years, we took a drive to Durham just to be nosy and see the house," explains Sandie. "We sat in the driveway and looked at each other and said, 'This is it.' You know people where you live, so it's hard to leave, but moving was never a mistake."

After 25 comfortable years in their Shelburne residence, a home they believed they would never leave, the move to Durham required more than just a leap of faith. Though their decorative style has always harkened to their love of primitives – a type of handmade antique (also called early American country) often built by farmers or unschooled artists







between the mid-1700s and early 1800s – their Shelburne home was very different in character from their new 1800s homestead.

"A number of our antiques we ended up selling because this house is very different from our old one," explains Sandie.

Aside from switching out some of their décor, which involved staking claim to new antiques and waiting at auctions for hours (more than 10 on one occasion), Henry and Sandie had to select a colour palette for their new home. Dana Aponte, colour and design consultant from **Cuneo Interiors Carpet** One Floor & Home, guided the couple in the process, helping them pick Benjamin Moore colours, including Bittergreen (dining room), Caramel Apple (porch ceiling), Antiqued Aqua (upstairs bathroom), Massicot (living room), Crownsville Gray (master bedroom) and Windham Cream (hallway). The couple also had to make a few compromises when it came to their new abode. Continued on page 26

TOP LEFT: The couple waited 10 hours at an auction to acquire the blue step-back hutch that is a centerpiece in their living room. **LEFT:** A small sitting room off the kitchen houses an antique spice rack, a little wooden man nicknamed Walter, a washing stand and another collector sign. **ABOVE:** A variety of antique lamps and light fixtures, which Henry has been collecting for years, are found throughout the home.

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feature





"Henry didn't want a kitchen table, he wanted to keep the kitchen's island – that was world war three – and we couldn't find a table that was five feet long to fit in the space," reminisces Sandie. "We were invited to a friend's for dinner and I sat at her table and said, 'This is it, I need your table.' So I made her an offer she couldn't refuse."

On the other hand, Henry was dead set on sleek and warm hardwood flooring with a more contemporary feel, to which Sandie whole-heartedly objected. In the end, Sandie got her table, Henry got his flooring and the whole house was knitted beautifully together with a brand new kitchen featuring slate flooring and granite countertops (The Old Barn Polished Stone Creations), and new appliances (Macdonald's BrandSource Home Furnishings).

"My favourite part of the house is the kitchen, I just have a sense of calm in there," she adds. Continued on page 28

ABOVE AND RIGHT: The living room features an antique coffee table from Michigan, a red, cigarettelady sign that is one of only three ever made, and the R.E. McCabe sign salvaged in Shelburne and refurbished. **TOP RIGHT:** The laundry room features vintage shutters and corbels, an adorable ladies bathroom sign and sleek white appliances.







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ABOVE: The spare bedroom, claimed by Lucy the cat, is full of sweet country charm. TOP RIGHT: The upstairs powder room painted in Antiqued Aqua has neutral tiled flooring to accentuate the porcelain wash basin, claw foot tub and rustic wood accents. **BELOW:** The master bedroom, in calming hues of blue and yellow, is a spacious retreat predominated by a vintage wrought-iron bedframe.





When they moved in, the home was finished in basic MDF trim, which didn't suit its historic character. New trim was expertly crafted by J.E. Trim Johnson Enterprises, which specializes in manufacturing solid wood trim and mouldings for turn-of-thecentury homes, and installed by Eric Hopkins of Hopkins Trim and Carpentry. The new trim and moulding contributed to the authenticity of the home's décor and pairs beautifully with the stunning white wooden shutters from **Budget Blinds** in Owen Sound that adorn the interior windows and complete the charming country look.

Though the Maldonados never expected to find themselves in a historical home in Durham, surrounded by sprawling nature, anyone who has visited them in their new home will be hard pressed to suggest it wasn't meant to be. They speak about the house as if it has a personality - a soul - and they are suited to it just as much as it's suited to them. OH





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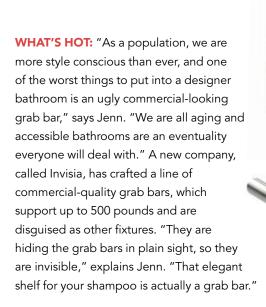
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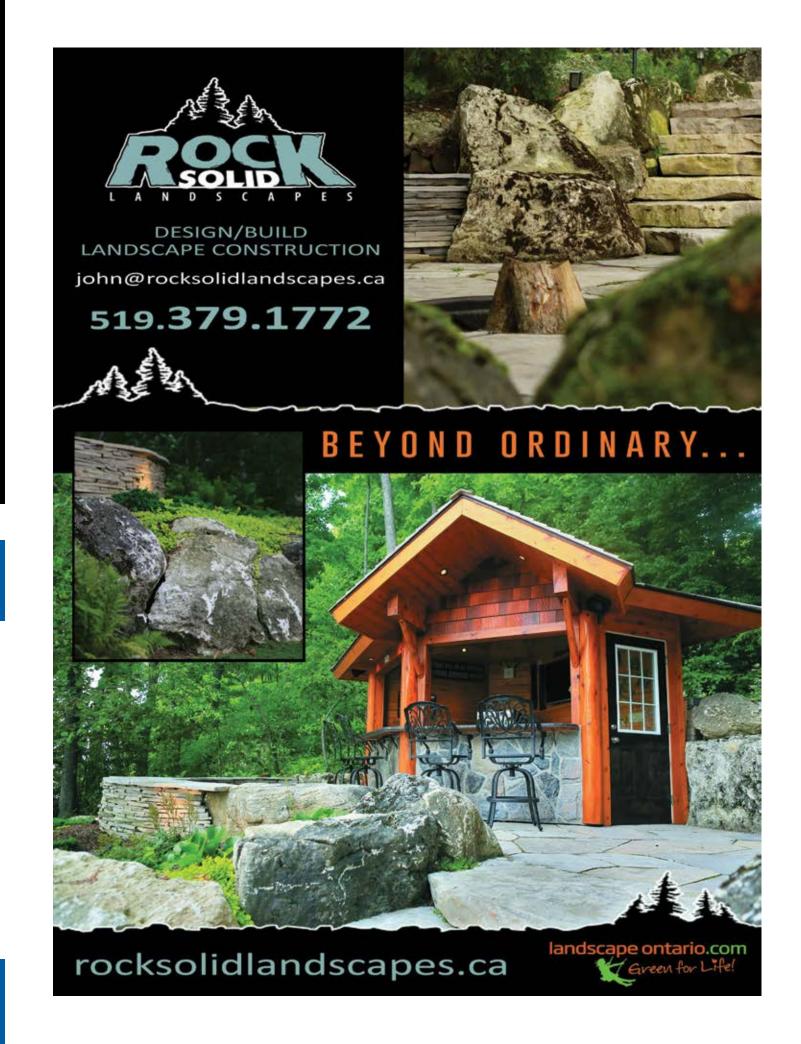
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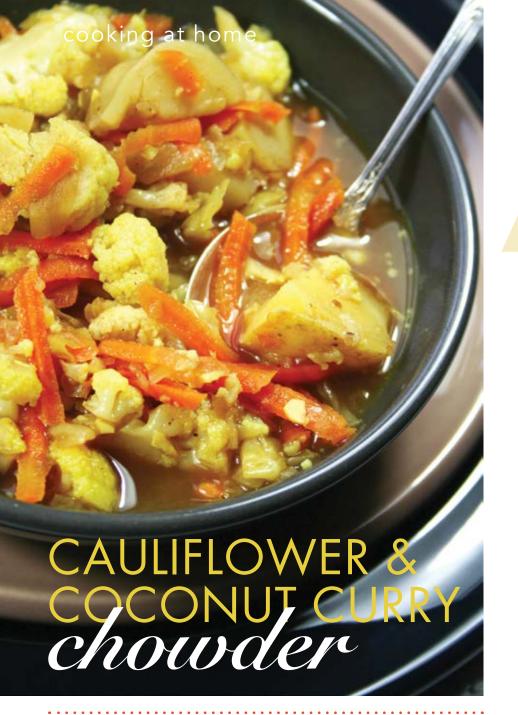


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Recipe Note

Pure coconut water is the clear liquid found inside young, green coconuts. It's delicious on its own and has a wide range of uses in recipes. As a refreshing drink, it tastes nuttysweet with a hint of toasted coconut. With 730 mg potassium, 32 mg calcium and 18 mg magnesium, it's a very good substitute for water in recipes. I use it in stir-fry dishes and to cook rice for savoury or dessert dishes.

Look for pure, plain coconut water (the ingredient on the label should read: coconut water) and avoid brands with added juice or sugar or flavourings, which make them virtually the same as soda or other sugary beverages.

A good curry paste or powder is essential for this dish - you can make your own from fresh, whole spices or find excellent quality spice blends at whole/health stores and gourmet food shops. We used coconut water as the liquid, but you can use coconut milk for a thicker soup. You can customize this soup according to the season: potatoes and carrots in winter, asparagus and peas in spring.

Makes 4 servings

3 Tbsp (45 mL) extra virgin coconut or olive oil, divided

1 onion, chopped

1 Tbsp (15 mL) curry powder or paste

2 cups (500 mL) coconut water (see

1 cup (250 mL) vegetable broth or water

½ cauliflower, divided into flowerettes

1 potato, diced

- Tbsp (30 mL) oil over medium-high heat. Sauté fish for 3 to 5 minutes on each side (10 minutes total per inch of thickness) or until fish turns opaque and flakes easily with a fork. Using a slotted spoon or lifter, transfer to a plate and set aside.
- sauté onion for 4 minutes. Add curry powder and cook, stirring constantly, for 1 minute. Add coconut water and minutes or until vegetables are crisptender. Add fish to the chowder, break through. OH

Pat Crocker is a Culinary Herbalist, writing and growing herbs in Grey County. She is the author of 18 cookbooks.

Get more recipes at

STORY AND PHOTOS PAT CROCKER

6 oz (175 g) white fish or cod fish fillet

Recipe Note)

2 carrots, shredded

- In a soup pot or large saucepan, heat 2
- Add remaining oil to the pan and vegetable broth and bring to a boil. Add cauliflower, potato and carrots. Reduce heat to medium and simmer for 15 to 17 into large chunks with a spoon, and heat

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Ideally you can consider saving the maximum in both types of accounts. If your funds are limited however, the best option will be determined mainly by two factors: your income bracket now versus in retirement and your plans for how and when the cash will be spent.



FALL STORY MELANIE REKOLA COLOURS

One of the greatest visual perks of living in this fine country is the ability to witness the glorious changing of the seasons. Our autumn Ontario countryside ablaze with fiery reds, burnished oranges and golden yellows is a magnificent sight to behold. Grab your household canine and set out to explore a nearby walking trail, and see for yourself. Perchance, just as I, you'll be inspired by Mother Nature's rich tapestry and be forced to bring home some fall flavour to your garden plot.

Perhaps the most obvious way to bring home fall leaf colour is through the majestic Maple tree. Remarkably, of the 150+ species of Maple found throughout the Northern hemisphere, only 10 are native to Canada. Our natural Maple forests of Sugar and Red Maples turn all shades of yellow, orange and red. My favourite large Maple hybrids for a sizzling red feast for the eyes include Red Sunset and Autumn Blaze. A smaller native Maple, oh so easy to place, is the Paperbark Maple. With gorgeous peeling bark, lovely structure and often fabulous autumn colour, depending on the year, this is the perfect small Maple for small spaces. Red Oak is also a tree worth considering. Though its fall display is more subdued, it keeps its leaves much longer than most and even into winter - a noteworthy characteristic in my books. Other important trees for fall pigment include the yellow hues of the highly ornamental Gingko Biloba and striking orange or red berries of Mountain Ash.

Consider a multi-stemmed tree/large shrub such as Canada's Serviceberry, Pagoda Dogwood or Staghorn Sumac for fantastic fall foliage, and for necessary architectural value. Though the name Sumac may scare some, keep them contained, and you will be rewarded with bright crimson fall vegetation and attention-grabbing fruit. Recent Sumac hybrids such as Tiger Eye are somewhat easier to control and also sport gorgeous chartreuse summer leaves followed by carroty fall leaf hues. Other shrubs for autumn-leaf colour include Snowball Viburnum, Highbush Cranberry (also has red berries) and the ever popular Burning Bush. For berry display, think Pyracanthus Firethorn, Cotoneaster and Winterberry.

Vines also can add high colouring to a fall flora space. Easily add them to clamber over fences, arbours and outbuildings, and they give a garden a sense of maturity. Boston Ivy and Virginia Creeper (Engelman's Ivy) have exceedingly vibrant autumn foliage. Virginia Creeper also bears a heavy crop of blackberries. Native Bittersweet Vine sports unusual seed coverings of an orange outer husk that houses bright orange/red fruit within. These beauties generally last all winter long.



Just why do fall leaves change their colour and why does the pigment parade change from year to year? During winter, a tree must live off their food stores from the summer season. They shut down their photosynthesis factories (their leaves) and as the bright green of chlorophyll fades away, the yellow and orange colours reveal themselves. Small amounts of these colours have actually been within the leaves all summer long disguised by the chlorophyll. Bright reds and purples are most often made by glucose trapped in leaves after photosynthesis stops, caused by sunlight and the cool nights of autumn. A growing season with ample moisture followed by a dry, cool, sunny autumn with warm days and cool frostless nights provide the best weather conditions for the brightest fall colour display. This does seem like a lot to ask of Mother Nature doesn't it?

Fall beauty is often forgotten in the planning stages of a garden. Logically it makes sense. Many are inspired to start a garden in spring, enraptured by all the beautiful bright flowers and captivating scents, only to realize those blooms pass rather quickly. People attempt to keep the garden magic going by planting various summer flowering shrubs and perennials. Soon, our garden space is completely filled and only in September is it realized that we have neglected to focus on fall at all. Luckily, any garden can be easily remedied into a rich fall colour palette by adding from the long list of fantastic fall specimens listed here. Come on Canada, extend your garden's glory and give up some garden space for that special, brilliant and blessed fall colour. OH

Melanie is a certified horticulturalist and landscape designer.

Maple 2. Gingko Biloba 3. Boston Ivy 4. Dogwood
 Sumac 6. Red Oak 7. Mountain Ash 8. Virginia Creeper





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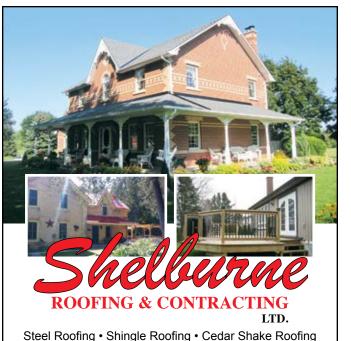
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EXTREME WEATHER

READY OR NOT, HERE IT COMES

STORY WALTER FRANCZYK

As denizens of a land of extreme weather. most Canadians believe they can endure and survive whatever storms, rain or wind nature blasts our way.

"We typically, all of us, cross our fingers and hope nothing happens," says Brent MacDonald.

But things don't usually work out that way. That's why restoration experts like MacDonald have been getting more and more work. The owner-operator of Paul Davis Restoration Specialists, he says Canadians are ill-prepared for the challenging weather conditions seen in recent years. Rainfalls have been heavier, snowstorms more severe and flooding more prevalent. Events like micro-bursts, polar vortex and ocean blob are all part of a new and growing lexicon that defines climate change.

When record rains in Toronto flooded houses with storm water and sewer systems backed up into basements in 2013, insurance companies paid almost \$1 billion to clean up the mess. That same year, thousands of Calgary residents fled their homes when floodwater washed over the city causing damage in excess of \$1.74 billion.

Despite warnings from Environment Canada that more severe weather is on the way, a spring 2015 survey by RBC Insurance found many Canadians aren't taking precautionary measures to prevent water damage to their homes. In fact, fewer Canadians are taking steps to prevent water damage, according to the survey.

"It's alarming to see such a steep decline in Canadians' willingness to take precautionary measures to protect their homes," says Paula Bandi, senior product manager with RBC Insurance, in announcing the poll results. "Extreme weather events are inevitable and Canadians need to take proactive steps to protect their home from extensive property damages."

MacDonald says homeowners should prepare a game plan for dealing with severe weather.

"We are the guys who come in once the damage has happened, but we also help identify potential problem areas," says MacDonald. "From seeing so many things fail, we have a database of information that can help a homeowner with a tough situation or concern. We can support them in coming up with a solution," he says. "If a homeowner does have questions - we are available to do a consultation."

RBC Insurance offers these tips to safeguard your home and family:

Create a detailed home inventory of all of your belongings inside and outside of your home and garage. In the event of a claim, you'll have an itemized list of all of your important contents.

If you keep items in the basement, store all important belongings like artwork, old photographs or mementos, and electronics off the floor or consider moving them to another part of the home.

Have an emergency preparedness kit with all supplies required to survive 72 hours without help or electricity, including water, food and medications.

Prepare and rehearse an emergency evacuation plan and ensure your family knows what the plan is.

To begin an extreme weather plan, MacDonald suggests taking a walk around the home to assess where water travels. Water is the most frequent cause of damage due to severe weather. "Redirecting downspouts with extensions away from the footings of the property would be the least expensive thing to add to your arsenal," he says.

Check the roof for any missing or lifted shingles. When re-roofing a home, consider using a good ice-and-water shield product under the shingles. Larger eavestroughs to control the volume of water also help. Rain barrels are not only effective at controlling the volume of water around the footings of a house, they also provide water for gardening and irrigation. "That's something I've seen more and more."

Identify and secure anything that might blow away. "A flag mounted to the end of your fascia could rip something off," MacDonald says. The wind often blows chairs off docks. Chairs can be weighed down by simply placing something heavy, like a couple of rocks, in the chair. Precautionary measures, such as installing protective plywood across prevailing wind areas, can protect sliding glass doors. An unsecured backyard trampoline can sail off like a kite in a strong wind.

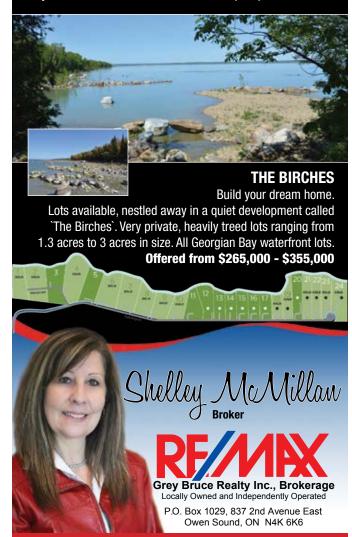
In areas with heavy snowfalls, homeowners can avoid heavy snow loads on their roof and ice damming that forces water under shingles by shovelling snow off the roof once or twice every winter. "It's just taking a risk away," MacDonald says. Before winter arrives, shut off exterior hose bibs to prevent them from freezing and bursting. Consider installing a freeze-proof faucet.

When looking around the property remember to look up at the trees. Are they healthy? Will they drop heavy limbs or branches in a storm? An arborist can determine what maintenance or pruning is needed.

To avoid sewer backups in urban areas, a backflow protector will prevent sewer water from flowing back into the house. "After Toronto's storms a few years ago, there was a big push on homeowners putting them in. That was simply to reduce the amount of claims as the result of sewer backups," MacDonald says. OH



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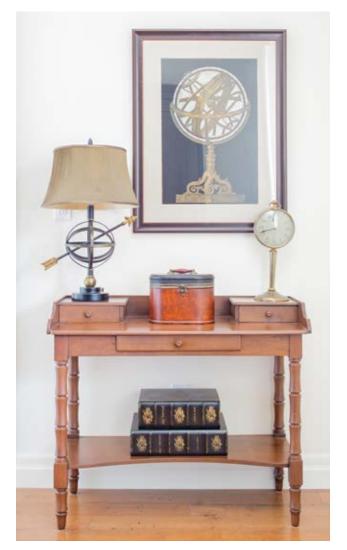


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STORY JENNIFER SCHLEICH
PHOTOGRAPHY JASON HARTOG
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DOWNSIZING WITH Style









FAR LEFT: The first floor den, which doubles as a spare bedroom, is decorated with an academic motif that is palpable throughout the home. LEFT: The living room, with its gas fireplace, is the comfortable and cosy heart of the home. The gold and burnished bronze tones accent the plaid patterns, which are a reemerging style. BELOW: The living room, dining area and kitchen form the open-concept portion of the main floor. The loft balcony is visible above.

A new housing development in Walkerton overlooking a quaint lawn bowling green and a small park has transformed the old public school grounds into a growing residential community. Centretown Condos, built by Dave **Spitzig Construction** offer simple living in spacious well-designed spaces. They are perfect for anyone looking to downsize, or for people who just loathe the idea of cutting their own grass.

For Ken and Lynne Brown, purchasing a three-bedroom, two-bath with a loft at the Centretown Condos made sense as they begin to spend more of their time at their family cottage in Muskoka. It was also an easy choice, because working in conjunction with Cuneo Interiors Carpet One Floor & Home allowed them to customize their new condo effortlessly and without hiccups.

"Cuneo's was wonderful to work with," says Lynne. "They originally had six sample boards for us to choose from, but I liked the tile on one (Atlantis by Centura) and didn't

Continued on page 42

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RIGHT: The solid wood harvest-style dining table, set in white dinnerware, features wicker and leather captain's chairs. BELOW: A stark contrast to the white cabinetry, the deep grey subway tiles pair smoothly with the Metropolis paint colour. BOTTOM: Granite countertops in grey tones complete the kitchen's cool palette. The Happy Wife, Happy Life sign is courtesy of J'Adorn.







want the floor that went with it. I told them I wanted something more relaxed and Anne Morrow brought over a bunch of samples for us to pick from."

Cuneo Interiors offers 12 design schemes on six sample boards, all developed by Centretown Condos' interior designer Susan Davey of **Susan E. Davey Interior Design**. Many were a little too polished for the Browns. They wanted something a bit more rustic, a bit more weathered, to complement their personalities.

"We love the floor we were able to pick (Cleveland Maple Amaretto by Mohawk Flooring)," says Ken. "It's sort of like Lynne and I, we're a little weathered now too. I think we might have started something because a group of people after us wanted to take bits from all of the boards too – what you want is what you get, it was great."

Working together with Cuneo's, Susan Davey expected that some condo owners might want to mix and match rather than go with a single design scheme, and so they were ready with backup options when the Browns came looking.

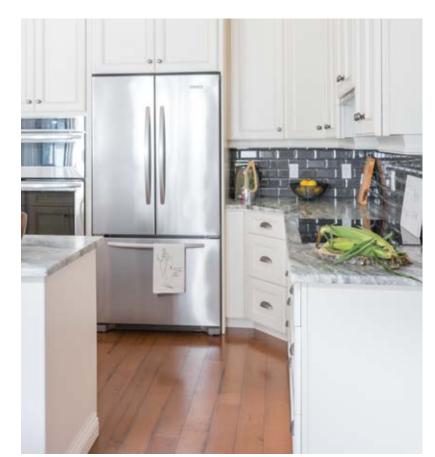
"I made the selection of all the interior and exterior products, and then Cuneo's took over and were the facilitators; they supplied and installed and guided the homeowners," explains Susan. "Together with Jordan and Anne at Cuneo's we worked together to develop various combinations, so that if people weren't sold on a board they could make changes."

The rustic engineered hardwood the duo settled on pairs elegantly with their taste in décor. Lynne ran the Gift Corner in Walkerton for many years before semi-retiring and merging her shop with the family's **Brown's Guardian Pharmacy**. With her flair for interior decorating and a store full of décor at her fingertips, Lynne and Ken had no problem filling their condo with intriguing statement accent pieces and Canadian-made furniture (Bogdon & Gross Furniture from Smitty's Fine Furniture) to match their taste in finishings and fixtures.

The off-white kitchen cabinetry – Lynne has used the exact same colour in her past three kitchens – and deep-toned leathered granite countertops give a pleasant contrast to the warm wood tones that predominate throughout the living spaces. In conjunction with the kitchen cabinetry, Lynne's choice

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of a medium grey (Metropolis) and a light cream (Windswept) for the walls also works to brighten the condo, which receives so much strong afternoon sunlight that the Browns had their windows and patio doors coated in a UV filter from Georgian Glass Coatings to cut down on heat and light.

"We get a lot of sun in our unit so we went with the UV coating on the windows to be more energy efficient and protect the furniture and floors from discolouring," explains Lynne.

The entire home is wired for surround sound, out on the patio and up in the loft as well (Richardson Electric with products from **HDTV** and **Electronics**), where the couple plan to install a home theatre once their grandchildren have passed the curious stage that drives children to chew on everything. The surround-sound system also speaks to Ken's love of music, which spurred the installation of a soundproof music booth in the upstairs bedroom. Purchased in the U.S. and shipped to Canada in pieces, Ken had the pleasure of assembling the 800-pound booth by himself.

"I use the booth because I make all sorts of noise, especially in an apartment setting, and I teach myself instruments. You can learn anything on the Internet," says Ken. The amateur musician has learned everything from the banjo

Continued on page 46

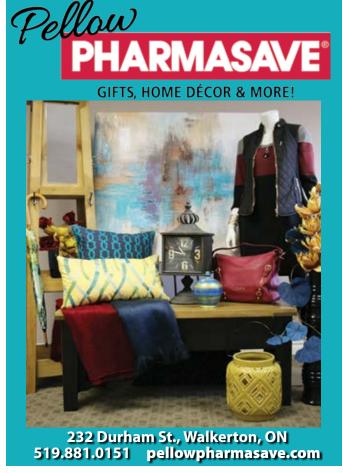
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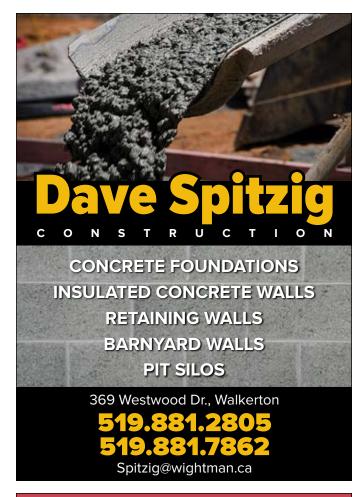
TOP LEFT AND LEFT: The condo's loft is a spacious area filled with natural light. Destined to become a home theatre, it currently functions as a TV area and lounge. Check out our Style Picks on page 18 to see where you can get your own spotlight floor lamp. ABOVE: The soundproof music booth was an essential addition in a condo setting to allow Ken to continue playing music.

LOCAL SOURCE GUIDE

Bogdon & Gross Furniture • Brian W. Folmer Garden Centre And Landscape Design & Construction • Brown's Guardian Pharmacy • Cuneo Interiors Carpet One Floor & Home • Darryl Johnson Woodworks • Dave Spitzig Construction • Erica Cook • Georgian Glass Coatings • Grant's TV And Appliances • Green Leaf Design • HDTV And Electronics • L-Ray Plumbing & Heating Ltd. • Richardson Electric • Smitty's Fine Furniture • Susan E. Davey Interior Design • Walkerton Home Hardware







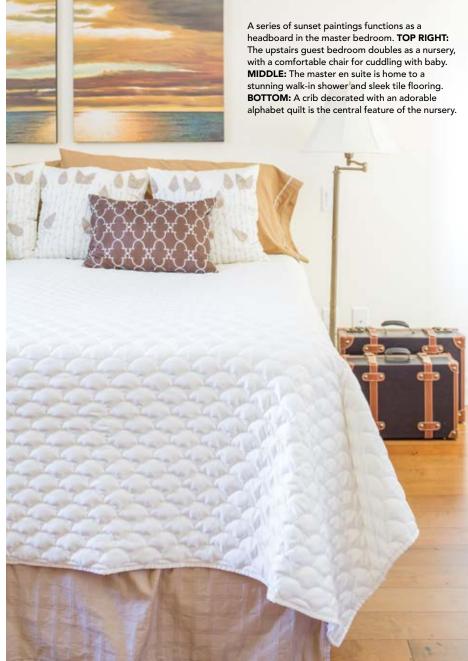


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unit, and a pullout bed disguised as a sleek and harmonica to the saxophone via Google. Lynne adds, "I'm so thankful it fit upstairs. It's leather sofa in the loft. Together with their guest space and social entertaining areas, it's great listening to music when someone is good, clear the Browns have artfully balanced their but when they are learning and everyone else condo to meet the needs in their lives. has to be a part of that... it's painful."

Because the second bedroom became "We are finding there is a growing sense devoted to a music and nursery space, it meant of community here and we are meeting lots of new people," adds Ken about the condos. they had to be clever about accommodating family visitors in their downsized home. In "You can have privacy if you want it, but you the end, they installed a murphy bed in the can step outside onto the lawn and meet your downstairs office that doubles as a shelving neighbours too. It's beautifully designed." OH









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narvest in a glass STORY SHELBY HILSON THREE GARDEN-INSPIRED BEVERAGES

Hands down, harvest season is my absolute favourite time of year. Yes there's a crispness in the air; yes I love cosy sweaters; yes the turning leaves are beautiful, but none of those compare to the joy of eating scrumptious, local, freshly-picked produce!

The only thing that might compare is DRINKING scrumptious, local, freshly-picked produce! There's no need to reserve the bounty of our gardens and farmers' fields for forks and spoons - give a glass and straw the overdue honour with one of these harvest-inspired recipes.

Apple Pie Smoothie



don't want to live in a world where the mouth-watering smell of apple pie doesn't signify the start of harvest season. We grow

just about every kind of apple imaginable here in Canada, which turn up in bushels upon bushels at country markets and grocery stores. Why wait until Thanksgiving to enjoy this all-time favourite? Try it as a tasty and healthy beverage.

INGREDIENTS:

1 cup milk of your choice

1 fresh apple, cored and chopped

1/4 cup flaxseed meal

1 Tbsp maple syrup

½ tsp pure vanilla extract

½ tsp ground cinnamon

1/4 tsp nutmeg

Sprinkle of salt

DIRECTIONS:

• Place all ingredients in a high-speed blender, blend until smooth and enjoy.

Pumpkin Chai Latté



synonymous with harvest season and Thanksgiving. We use them as decorations and in many dessert recipes, but it wasn't

until recently that pumpkin became a popular drink ingredient. Here's a little twist on the much-loved pumpkin latté.

INGREDIENTS:

1/4 cup pure pumpkin puree

2 Tbsp maple syrup

1½ tsp vanilla

34 tsp pumpkin pie spice (mix of cinnamon, nutmeg, ginger and allspice)

2 cups milk of your choice

2 bags chai tea

- In a saucepan, bring all the ingredients, except tea, to a boil over medium heat.
- Remove from heat, add the tea bags, and let steep for 3-5 minutes.
- Top with cinnamon or whipped cream for a real treat.

Cranberry-Orange Punch



Cranberries don't come to mind when we think of harvest season, but they grow in abundance here in Canada. They are harvested in the

fall once they turn the deep, red colour we're familiar with

This refreshing recipe uses fresh cranberries and much less sugar than traditional punches. It's a great go-to beverage for entertaining guests this season. Feel free to spike with a little vodka or gin.

INGREDIENTS:

1½ cups fresh cranberries

2 cups water

4 cups club soda

Zest and juice of 1 large orange

1/3 cup honey or maple syrup

DIRECTIONS:

- Place cranberries, water, orange juice and zest in food processor. Process until you have a slushy consistency.
- Transfer mixture to bowl and add club soda
- Let sit in the refrigerator for an hour or two.
- Strain into a punch bowl and mix in sweetener. Add orange slices and frozen cranberries. он











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Wood offers an opportunity to showcase the raw beauty of nature in furniture design. These skilled craftspeople harness the seemingly rough edges, natural symmetries, asymmetries, grains, textures and colours to craft rich character that cannot be mimicked by man-made materials.





BEN PATEY, MICHELLE PATEY, BRANI WHITE & DARRIN PATEY Stone Ridge Woodcraft

What is a live edge? A live edge is the natural edge of the wood from the tree. Usually this edge gets cut off so the boards are squared up. We intentionally leave this edge in key places to provide a natural, yet finished feel to our pieces.

What is your artistic inspiration? Our main inspiration is the raw, natural beauty of the wood and we also draw on George Nakashima's work. The wood itself truly is the art. A background in industrial design and architecture comes in handy, too.

What is Stone Ridge Woodcraft all about? Combining materials such as wood, glass, metal and stone, we build heirloom-quality furniture. Drawing on inspiration from nature, we build every piece to be a conversation piece in your home.

JUDY STOEDTER Country Charm Mennonite Furniture

Why is the live edge popular? It brings nature into the home and has a nice organic feel, allowing our surroundings and natural environment to come inside.

Where can you use a live edge? We can apply a live edge, with or without the bark, to almost any product, as long as the builder can do it. We've done live edges for desks, bookcases, dining tables, buffets, vanities, bedroom sets and kitchen countertops.

What kind of décor does a live edge work with? It can go with anything, any style, from modern to rustic. Even a budget-minded shopper can acquire a piece of wood furniture with a live edge. Continued on page 52











GINA BIEMAN, LANI LORENZ & SUSAN BEALES Smitty's Fine Furniture

What are "foundry cart" or "factory cart" tables? They are coffee tables made from refurbished or reproduction antique carts used to transport goods from one assembly to another in North America's historic factories.

The resurgence of vintage: Many people prefer a more eclectic look in their home furnishings today. It's no longer necessary to have a perfectly matched set as up-cycling and the use of warm woods and distressed and weathered finishes have become more popular.

What kind of décor would a foundry cart table work best with? These tables would look great in an industrial loft with a leather sofa, or in front of a large stone fireplace in a historical home. My favourite placement would be a storage-style cart in a casual family room with leather or fabric seating. It's distressed so any new marks or bumps blend right in.





KATHY CAMERON Kountry Kat Mennonite Furniture

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Why buy a handmade piece of furniture? Solid wood furniture can be completely customized for you. You design it and enjoy a piece that is uniquely yours and fits your space.

PHIL MARTENS Topnotch

Why do you enjoy working with a live edge?

Live edge furniture is very unique, as no two pieces are alike. Each piece of wood is very carefully selected for its individual character and for where it will be placed on the piece of furniture.

What is the process? Each piece of wood we select is milled, and then kiln dried before being crafted into a one-of-a-kind item.

How does the character of wood lend itself to furniture? Because every plank of wood is unique, our live edge pieces are strong focal points that draw the eye. Wood also easily shows the skill of the handcrafter and his or her eye for design. OH







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THE BOLD AND THE BEAUTIFUL



STORY YANIC SIMARD

Searching for a little more drama in your décor? The powder room is the ultimate place to play with bold looks you would never dare apply in the rest of your home – you can enjoy it a little bit every day, without feeling overwhelmed by overexposure. Here are eight of my favourite ideas for getting a big look in this small space, and satisfy your craving for design excitement.

Playful Pendants

In a primary washroom, balanced lighting is especially important. In a powder room, however, consider choosing a pendant light that casts beautiful shadows across the room. One small hanging fixture will feel like a grand chandelier here, and the ambience it creates will be a magical moment for guests.



Powerful Patterns

Wallpaper is back in a big way, and the powder room is a great space to switch-up from paint. In a typical small bath, a large amount of wall surface is taken up by the door, the mirror, a window and the white fixtures, all of which break up even the boldest print - so you're free to run with your wildest passions. Try nature-inspired materials here, such as quartzite and exotic patterns like floral or tropical birds to give the bathroom a sense of warmth and luxury.



Magnificent Marble

Marble counters may seem too high maintenance (or too budget-busting) for a larger space such as the kitchen, but in a powder room, it only takes a small slab to create a vanity top, which will likely see gentle use. Indulge your taste for marble here, and you can enjoy it every day without the worry.

> TIP: Ask a stone supplier what they have available in off-cuts, and you may be able to find a suitable (and beautiful) mini-slab for a bargain price.



Deliciously Dark

Love the sophistication of a deep, dark colour, but worry about feeling like you live in a cave? A powder room is the perfect place to take a walk on the dark side without getting tired of it - plus, it's a small space to repaint later when tastes change, so there's no need to worry about playing it safe.



Solid Stone

Floor-to-ceiling stone is the ultimate luxe look for a bathroom, and in a powder room this can be achieved on a reasonable budget, as the walls are typically smaller. Splurge on a favourite tile, and break up the effect with a large inset mirror panel.

Disappearing Mirror

Have a beautiful wall treatment to show off? Skip the mirror over the vanity, for a rulebusting look that will surprise guests. You can always add a mirror to the back of the door if you don't quite feel bold enough to go without one completely.

Colour Overhead

Powder rooms tend to be tall compared to their narrow width, so a painted ceiling helps visually lower the room to create both drama and balance. Try Benjamin Moore's 2062-60 Blue Hydrangea and feel like you have a brand new skylight overhead. Blue hues especially will make white surfaces look even whiter for a fresh, clean atmosphere.

Look Out Below

Drama doesn't have to come from the walls or even the ceiling! Unadorned walls in a demure paint treatment (like Benjamin Moore's OC-23 Classic Gray – one of my signatures) paired with an eye-catching floor creates an unexpected, European flair that puts all the emphasis underfoot. он

Benjamin Moore: OC-23 Classic Gray



directory

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MASTER THE LITTER-LESS LUNCH 5 Fun & Friendly Packaging Options

STORY SHELBY HILSON

It's back to school and back to work, which means it's also back to the dreaded chore of packing lunches. Aside from adhering to food restrictions, choosing food your kids will actually eat and finding the time to prepare each night (or early morning), lunches have been made even more challenging with many schools' "no-waste" policies.

Though a challenge, it's a healthy initiative for all involved, especially this beautiful planet we live on. According to wastefreelunches.org, an average school-age child using a disposable lunch generates 67 pounds of waste per school year. That equates to 18,760 pounds of lunch waste for just one average-size elementary school. We have an opportunity to not only make our packed lunches more eco-friendly, but also more fun.

Here are some fantastic North American products to incorporate into your lunch-packing routine:

Invest in a few reusable Colibri snack and sandwich bags. These colourful, printed bags feature a water resistant nylon liner, are BPA-free and FDA approved as food safe. Zippers are lead and nickel free too. Simply wipe the bags out or throw them in the wash. Get the kids involved and try their new "colour your own" line.

Along the same lines, in place of plastic wrap, try Abeego all natural beeswax food wrap. Combined with hemp, organic cotton, jojoba oil and tree resin, the beeswax wraps keep food fresh longer and can be used with everything from sandwiches and veggies to meat and cheese.

Finally make good use of those old mason jars with a Cuppow lid. BPA and phthalate free, their BNTO Lunchbox Adapters are a genius and affordable way to pack veggies and dip, salad and sauce, fruit and yogurt, or a number of other combinations in a single mason jar.

There are tons of great, ecofriendly lunch boxes available, but research shows that kids often eat more of their lunch when they have visible options. Plus, it's way easier to wash one container than several different dishes and lids. Check out PlanetBox, a stainlesssteel option with several compartments and a customizable lid. The Goodbyn Hero is another great design with three main compartments and two separate "dippers." They are dishwasher safe, BPA and phthalate-free, and 100 per cent

Lastly, for yummy soups, stews, pastas or hot drinks, U•Konserve offers great stainless steel, leakproof, insulated food jars, which keep food hot or cold for hours. They're BPA, PVC, phthalate, and lead-free, and come in 12 or 16 oz sizes. OH



When shopping for green lunch products, look for the following:

Free of toxins, such as PVC, lead, BPA and Phthalates. These are not things you want your or your child's food coming into contact with

Washable and lor dishwasher Sate. The easier it is to wash, the more likely you'll be to use it.

tigh quality. If you're going to invest in reusable lunchware, then make sure it's not something you'll be tossing a month from now. Natural materials like glass, stainless steel and bamboo are usually good bets.





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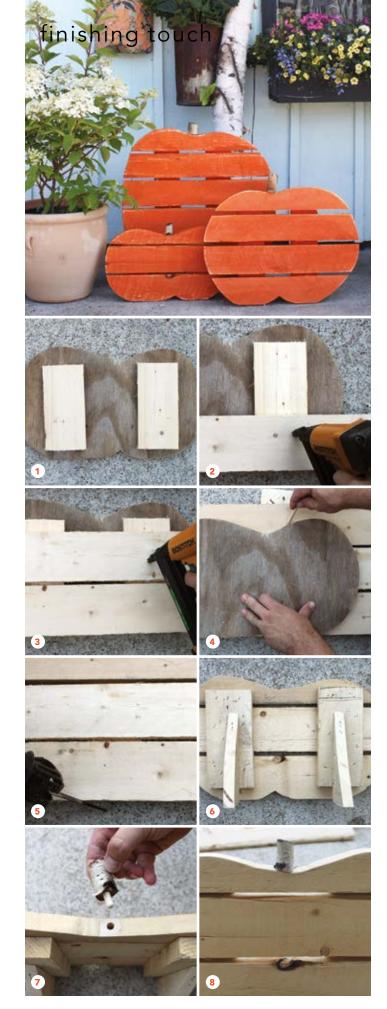
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rustic PALLET PUMPKINS

STORY MATT BOWES | PHOTOGRAPHY TARA CHATTELL

Using reclaimed pallet wood is the latest trend for easy DIY home projects. Grab your jigsaw, drill and paint to make these adorable pallet pumpkins for your outdoor fall décor.

MATERIALS: TOOLS:

Plywood Pry Bar **Pallets** Jigsaw Tree Branch (dead **Brad Nailer** wood preferred) Drill

Brad Nails or 5/16-inch Drill Bit Screws

Pencil Paint **Paintbrush** 5/16-inch Dowel

Sandpaper (Coarse)

HOW-TO:

- Pry apart pallets and remove nails.
- Draw a pumpkin shape, any size you like, on a piece of plywood and cut it out with your jigsaw. This will be
- Cut two small pieces of pallet wood for support backing and place them on the back of your plywood template. They should be slightly shorter than the height of your template.
- Lay uncut slats of pallet wood over the backing and template, about ¼ inch or so apart, covering the entire template. Nail or screw the slats to the backing (you're not attaching the slats to the template). (See images 2 and 3)
- Remove template from under backing and slats, and place on top. Trace a pencil line around template. (see image 4)
- With your jigsaw, cut slats around pencil line. Now you have your pumpkin. (see image 5)
- Cut two identical triangles from some pallet wood and nail or screw them to each of the backing pieces. These will support your pumpkin so it can stand upright. (see image 6)
- Cut a piece of tree branch for the pumpkin's stem.
- Drill a 5/16-inch hole, 1 inch deep, in the end of the branch as well as the top centre of your pumpkin. (see image 7)
- Cut a 2-inch piece of dowel and use it to join the stem to the top of your pumpkin. (see images 7 and 8)
- Now you can give your pumpkin a coat of paint. We've used Annie Sloan Chalk Paint in Barcelona Orange.
- Once the paint is dry, give it a quick sand to distress the edges and bring out the rough texture of the wood.
- Repeat these steps to make pumpkins of different shapes

Now your pumpkins are ready for display on your porch, in your vard or even inside your home! **o**h

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