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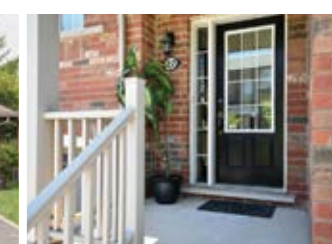
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Laurie Lotimer, 905.516.8933
laurie.lotimer@ourhomes.ca

REGIONAL MANAGING EDITOR Tiffany Mayer

REGIONAL PRODUCTION MANAGER Lynn Derrick

MARKETING & ADVERTISING Laurie Lotimer, 905.516.8933

ACCOUNT DIRECTORS Dee Svob, 905.359.2063
dee.svob@ourhomes.ca
Dianne Brown, 905.975.0280
dianne.brown@ourhomes.ca

REACH US EASILY: firstname.lastname@ourhomes.ca

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	MANAGING DIRECTOR, SALES & MARKETING Jamie Jefferson jamie.jefferson@ourhomes.ca
ART	MANAGING DIRECTOR, OPERATIONS Georgette McCulloch
ACTING ART DIRECTOR Robynne Sangiuliano	ACCOUNTING Tyler Annette
ASSOCIATE ART DIRECTORS Sheila Britton, Michelle Losier	CLIENT RETENTION & DISTRIBUTION Lisa Merrell
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CONTRIBUTORS

Sheila Britton, Lisa Canning, Tara Chattell, Walter Franczyk, Jason Hartog, Kelly Horkoff, Pat Lizmore, Tiffany Mayer, Dawn McConnell, Jenelle McCulloch, Tamarisk McNalty Stephens, Dolores Pian, Melanie Rekola, Mehreen Shahid, Dann Tardiff, Dee Willson

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There's something to be said about this time of year, even by a heat-seeker like me.

I'M A LITTLE EMBARRASSED, as summer's biggest champion, to admit this, but I found myself looking longingly at photos of the snowiest scenes in the high heat of last July.

I kind of wished for winter in those moments. Winter for me involves the ritual of a hot cup of something and hunkering down in front of a computer to write, words whipping about like the frigid wind outside my office window. This scene always involves a cat, either on my lap while I work, sprawled across my desk or curled up at my feet.

And when I need a break, I pull on my parka of George Costanza-like proportions and go for a walk. As ridiculous as I look in my puffy coat, I feel invincible on days when the mercury swan dives to super sub-zero temperatures. Dare I say I love winter in those moments. This from someone whose hands and feet are ice blocks from about mid-October to the end of April.

I look forward to embracing the season again this year. Now a new FitBit owner, I plan to clock a lot of steps to help me through January and February, which, despite my love letter above, can be a bit of a slog if we're being honest.

I've set my daily step goal to 11,000 steps. I won't call it my New Year's resolution to walk that every day because the r-word has a way of dooming me to failure. But it is definitely my intention, along with re-reading this editor's note on days when my rediscovered adoration of the cold and snow starts to waver.

Speaking of resolutions – or goals or intentions or whatever you choose to call them – we find out what some local pros have in store for 2019. It's nothing short of admirable. Our Home & Builder tells of one couple's goal to provide the kind of life they had growing up in rural Niagara for their own children. Our homes are the backdrops to so many memories. Our Feature home is a well-loved treasure trove of some of the sweetest moments life can offer.

I'm hopeful there will be many of those for all of us in the year ahead. With that, I wish you the best in 2019.

Tiffany Mayer, Managing Editor
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A modern family home to instil age-old family values. Story, page 24. Photography by Kelly Horkoff.

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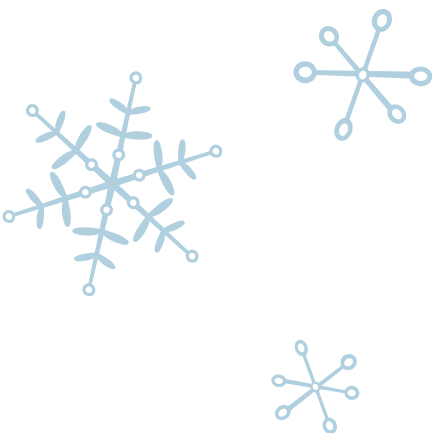
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PHOTO: PAT LIZMORE, TAKEN AT EDGE WATER MANOR



THE COLDER WEATHER IS HERE. Nipping at our heels is that great white snow and all you winter sport enthusiasts are happy happy.

Me, I would rather curl up somewhere inside and stay nice and warm beside a roaring fireplace with my favorite magazine or, even better, be somewhere warm.

People are always asking me how we find the homes we feature each issue. When I look back at all the homes we photographed in 2018, the truth is, inspiration strikes from so many places. Often, we have builders or designers connect to let us know about their latest projects. Sometimes a friend of a friend will tell me about a hot new project that I simply must see. Sue and Bob told me about the 1960s forest-like renovation featured in our Hamilton Fall issue. Sometimes I'll be driving down the highway and spot a house being built.

This issue, our cover home came from Darren Hendriks, the builder himself. The contemporary home he built for his family is totally different than what he's built in the past and he wants to share the alternative styles that are available. The second home was presented to us by architect Wayne Murray. It's a very grand traditional home that stands the test of time. It was built with every convenience 12 years ago and today is still comfortable and a lovely home filled with grandchildren. Thanks to both families for opening your homes to our readers.

Enjoy wherever you are this holiday season and continue to shop local and share OUR HOMES – everyone's favourite local magazine.

Laurie

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advice



KEEPING CLEAN

Interior Designer **Dolores Pian** shares her ideas.

Keeping clean has never been more luxurious and spectacular. The master bathroom, in particular, is the second-most-popular renovation after the kitchen. Visual appeal, functionality and unique design elements are what we are now looking for in our bathrooms. Tubs and showers are a great way to make your unique statement. Here are some tips that interior designers think you should know.

TUBS

The new attention grabber is the freestanding tub. A sculpture that bathes you in comfort, it appears to float, taking less space than a built-in and easier to clean.

Tips:

- Test your tub for body size when sitting. A taller person requires a longer tub. A small tub will result in knees to the chin and not comfortable at all.
- Statement lighting over the tub can add that wow factor. Make sure your fixtures are rated for damp or wet locations. Place on a separate switch.
- A soft white lighting colour temperature of 2,700 to 3,000 degrees Kelvin provides a warm, cosy atmosphere so you'll always look your best.
- Dimmers set the mood and can be pre-set to the timing of your choice. Place on a separate switch.
- Leave three inches or more around the tub for cleaning. The handle of a mop still needs to reach around the back.

SHOWERS

The shower is where you stimulate your senses. Glass shower enclosures have eliminated thick tiled walls, allowing for more space. Glass doors can now roll or hinge effortlessly.



Tips:

- Curbs virtually disappear with curbless shower systems made possible by Schluter Kerdi-Line Systems. They have shower kits that provide the necessary waterproofing membrane and floor sloping for drains. Linear drains, which are long troughs two-inches deep, lie beneath the floor and need to run in the direction of joists or can be carved out of a concrete floor.
- Water can rain on your head or jet you from three sides. Be careful when selecting body sprays. Make sure they accommodate all members of the family and their various heights and weights. While they can be adjusted to suit your needs, jet sprays can be very powerful and you could end up with a mouthful of water or even injure sensitive body parts. You may need a grip rail.
- Large format tiles, quartz stone or Corian are now used for seamless shower walls, eliminating the need for those pesky, hard-to-clean grout lines. Ask your contractor if you have enough room to get them up the stairs or in an elevator prior to installation.
- Shower floors need small tiles for foot grip and safety so that you can avoid slipping. Make grout colour the darkest colour that coordinates with the tile.
- Install a waterproof light fixture overhead for safety. (Yes – you can still install an overhead shower.) Place the fixture on a separate switch with no dimmer.
- Shower benches are useful for a quick sit down during a long shower and also to perch your foot while shaving your legs.


SPECIAL TOUCHES

- **Heated floors.** Made more affordable and doable with Ditra-Heat-E-Kit by Schluter. It has a quarter-inch profile that minimizes the thickness of the finished tile floor.
- **Wall niches.** Scavenge space from wall cavities with niches. Wall niches can come in stainless steel or tiled. A slight slope is needed to drain water. Not only are they a décor element, they make all items more accessible.

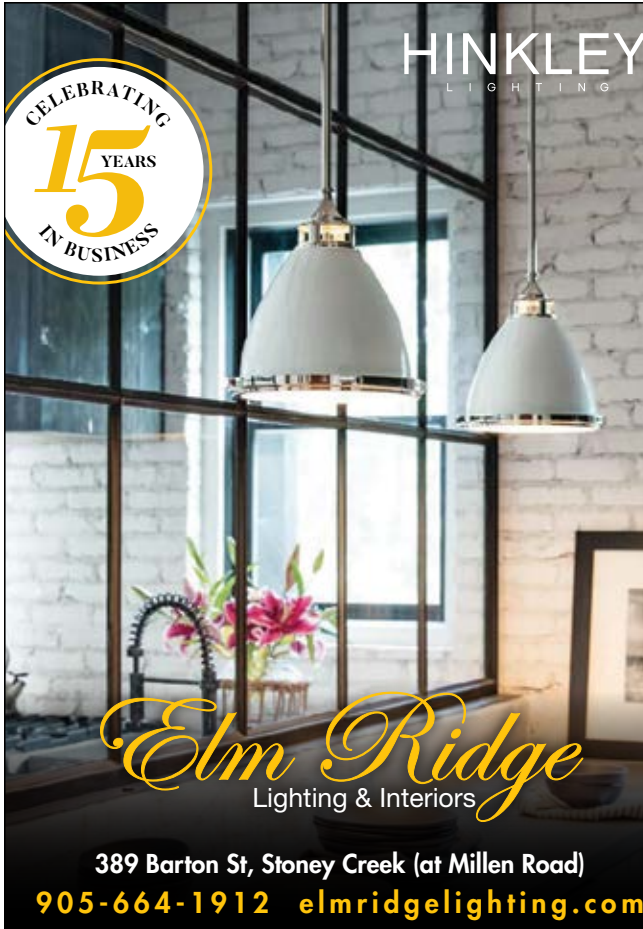
EDUCATE YOURSELF

Check out bathroom manufacturers' sites for your specific needs. Tubs and showers are just two of the elements to explore so that you can create your own unique fabulous bathroom. **OH**

1. **PRODUITS NEPTUNE:** Malaga Shower Tower 2. **MIROLIN:** Cruz Acrylic Freestanding Tub 3. **SCHLUTER:** Kerdi-Line Floor Drains 4. **PRODUITS NEPTUNE:** Florence Freestanding Tub 5. **CASALGRANDE PADANA:** Marmoker Olimpo Tile 6. **CASALGRANDE PADANA:** Marmoker Nero Creta Tile 7. **SCHLUTER:** Ditra-Heat-E-Kit




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THE NEW BLACK

Black is finding its way into more interiors, proving it's a classic that never goes out of style. Here are a few ways to work the inky colour into your own home.

PHOTOGRAPHY **KELLY HORKOFF**



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Continued on page 20

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Whether your feathered friends are fall migrants or year-round residents, augmenting their diets with high-quality calories found in suet will help them survive and thrive.

Making homemade suet is about as easy as making hummingbird nectar. It's also more rewarding, affordable and often healthier than purchasing commercially made cakes, bells or blocks. Plus, making suet at home allows you to customize the ingredients to appeal to the specific birds in your yard as well as those you wish to attract.

SIMPLE SUET RECIPE

1 cup rendered suet (tallow)

1 cup chunky organic nut or seed butter of choice

1/2 cup wheat or quinoa flour



When it comes to making suet, the more natural, organic and local the food ingredients are, the healthier the results are for the birds. A homemade suet blend is also free from nasty preservatives and fillers.

Start by purchasing rendered plain suet cakes or chunks from a wild bird supply store, garden centre, butcher shop or pet store. These cakes can be used as-is or can be melted down and used in more specialized suet recipes. You can also save beef fat left over from cooking to make homemade tallow (rendered suet). Once you have saved enough to make the batch size of your choice, just add a bit of water and let it simmer on the stove for a few hours until it turns a golden brown. Then strain the liquid fat with cheesecloth to remove any contaminants and the resulting liquid will be beef tallow. Use it right away or store in the fridge or freezer.

Suet recipes need not be complicated in order to attract a range of hungry fowl.

- 1 Melt the suet and nut butter together until they are smooth and liquid.
- 2 Add the flour, mixing well. Allow the mixture to cool slightly to thicken, then pour it into moulds, containers, muffin liners, plastic wrap or foil as needed for desired shape.
- 3 Refrigerate or freeze suet until it is firm and ready to use. Extra suet may be kept frozen until needed.

Make It More Tempting

While a simple bird suet recipe is a great starting point, adding other ingredients to the mixture before it cools will make it more tempting to birds. Through experimentation you'll discover what your local birds find the most appetizing. These customizable ingredients include:

- Organic and unsalted/unseasoned/raw chopped nuts of choice
- Sunflower seed chips or other shelled seeds (many birds cannot extract the seeds encased with shells once fat is introduced).
- Organic dried fruit and berries
- Mealworms or crickets (my home bird populace goes crazy for these!)

Suet can be moulded into all sorts of interesting shapes leaving lots of room for personal creativity in your own bird buffet offerings. Given my personal affinity toward natural Christmas décor, my favourite way to display suet is by using a large pine cone that I run a stick through the middle of and attach with twine (the stick acts as a perch). I then smush the suet mixture on and into the pine cone and freeze it to set. I add a pretty double twine and ribbon combo to the top of the pine cone for hanging and voila, it's a gorgeous, natural and edible outdoor Christmas ornament. Bring on the birds! **OH**



TIP: To avoid attracting unwanted rodents, only put out enough suet for birds to consume in one day. This will also help the suet stay fresh.



CONTEMPORARY IN THE COUNTRY

STORY **TIFFANY MAYER** | PHOTOGRAPHY **KELLY HORKOFF**

For years, **Darren Hendriks** lived the proverb of the shoemaker's kids. The vice-president of custom homebuilder **Homes by Hendriks Inc.** lived in a 950 sq. ft., typical 1960s bungalow in Fonthill. It was fine as a starter home when he and his wife Amy married. But it was nothing like the stunning and spacious abodes Darren was building for others who tapped his family's business to make their dream homes a reality. *Continued on page 26*



Glass, stone and straight lines dominate the ultra-modern facade of Darren Hendriks's home. Timber work by Lynchwood Design and Build. Pots by Hamiltons of Pelham.

home & builder

In late 2017, though, the shoemaker's kids came knocking, and it was on an oversize, textured fibreglass door that opened onto a new 2,600 sq. ft., ultra-modern two-storey overlooking the Welland River in Fenwick. Darren's run as the shoemaker was officially over.

"When we designed the home, I was obviously very excited to build it," says Darren, the third generation to helm Homes by Hendriks. "There are underlying expectations sometimes in your field. There's pressure to differentiate yourself."

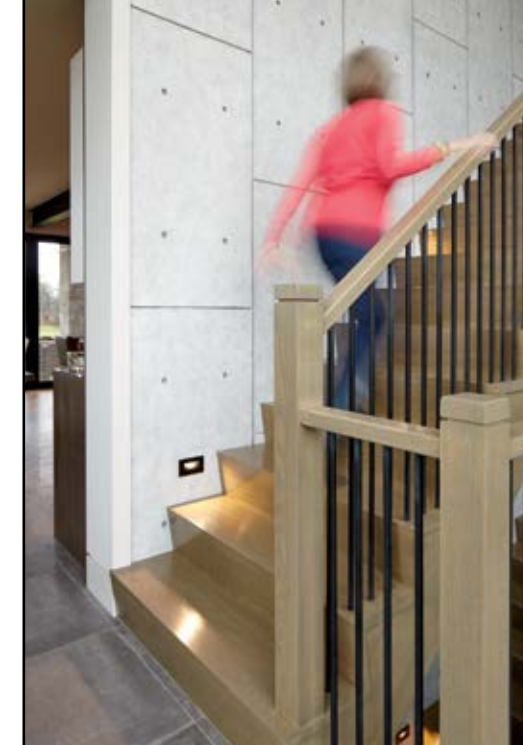
Darren did just that with his home, which strayed from the more traditional houses Homes by Hendriks is known for building and renovating.

He and Amy searched for some time for a property to break ground on a home in which they would raise their two children, Alana, 2, and Kane, just shy of 1. They were determined to find a rural parcel and provide a life similar to what they both enjoyed growing up in bucolic Niagara.

For Darren, that was in Beamsville where he and his brothers spent their free time outdoors. They'd fish together in a nearby creek and take advantage of all that Mother Nature had to offer.



ABOVE: The living room offers a variety of views thanks to glass feature walls overlooking the Welland River on one side and a woodlot on the other. **LEFT:** The foyer features floor-to-ceiling windows that provide a glimpse of a hockey-stick staircase inside. **BELOW:** Heating registers were cut from floor tile to blend seamlessly.



ABOVE: Foam panelling in the foyer looks like concrete but adds warmth and helps with acoustics. **BOTTOM LEFT:** Windows look as though they were built around the chimney.

"Ultimately, my wife and I wanted that for our kids," he says. "I feel that was one of the contributing factors to why my siblings and I have such a close relationship to this day. We were able to do so much together growing up and we still try to make an effort to spend quality time together. Secondly, I wanted our kids to be able to have their friends over one day and spend time doing all those things outdoors instead of sitting on their phones or in front of the TV."

The couple found two acres on Fenwick's southernmost periphery in 2015. It was more land than they wanted, but the location was ideal so they bought it.

All that space changed their vision for a home. Their swath was wide, enabling architectural designer **Santy Yeh of Designs by Santy** to stretch the home's footprint in proportion to the property.

Rooms were positioned to take advantage of the views – river to the front, woodlot to the back. Darren and Amy are early risers so their bedroom, which features a platform bed and walkthrough change area, faces east with floor-to-ceiling, architectural contemporary Pella Windows allowing the full effect of sunrise. In the evening, they can enjoy sunset from their living room or back patio.

Continued on page 28

Cupboards in contrasting light and dark open with a gentle push rather than being pulled with handles. Flowers by Vermeer's Garden Centre & Flower Shop. **RIGHT:** The Hendriks family: Amy, Kane, 1, Alana, 2, and Darren.



Glass gets top billing throughout much of the home, including as a feature wall in the living room, and stretching two storeys high in the foyer to showcase hockey-stick stairs by **Amber Stairs & Railings Inc.** inside, and big, country sky outside. Hunter Douglas shades installed by **Dell Smart Home Solutions** are set to a timer and controlled by smart phone or remote to provide reprieve when the sun gets overbearing. Zoned HVAC providing separate temperature control upstairs and down, helps, too.

Still, it was a bit of an engineering feat working that much glass into the Hendrikses' plans. Performance modelling was needed for it, and energy modelling was required to ensure it was up to code.

"As you start dreaming up these ideas, they present challenges and you have to find ways to overcome it," Darren explains.

The couple are big on entertaining at home so an open floor plan on the ground level was a must, along with an easy connection between the kitchen and back patio. The galley kitchen, equipped with Fisher and Paykel and Frigidaire stainless steel appliances from **Nickerson Home Appliances**, includes an oversize island. It also features Cambria quartz countertops and backsplashes in steely grey from **QuartzCo**.

A custom live-edge dining table made by



Wade Daboll of **W.L. Daboll Construction** seats 10 and extends the eating and gathering space. The dining area merges into a comfortable family room decked out in wide-plank hardwood from **Aristocrat Floors of the World** in a mid-tone finish.

Aristocrat's **Rhoda Cipparone** advised on flooring, paint colour and furniture to keep the interior as eye-catching as the exterior. She collaborated with **Eileen Santoro** of **Design Concepts by Window Decor** on ideas for artwork and lighting wired by **Verhoef Electric Inc.**

The attention to detail on the main level alone is remarkable. That Cambria quartz countertop is bevelled to tuck into drawers and look thin and sleek. Porcelain tile in the foyer and kitchen mimics concrete and continues the ultra-modern feel. Heating registers are cut from the same tile to blend seamlessly.

Dark brown and white kitchen cabinets by **Cromade Cabinetry** provide visual interest, popping open with a gentle push rather than being pulled with a handle. They stretch around the corner from the main kitchen area into a nook that provides extra storage and a functional coffee station. *Continued on page 30*



LEFT: Quartz countertops are bevelled to look thin and sleek at first glance. **BELOW:** A coffee station is tucked just out of view from the main kitchen area, providing space for what might be the most important appliance in the house.



The kitchen offers plenty of seating for casual entertaining and lots of storage to keep staples hidden away.



Steel beams in the kitchen and dining area ceiling were left exposed and powder-coated in black to complement window frames and pot lights.

In the living room, the windows look as though they were built around the chimney, which is done in steel grey Arriscraft shadow stone in from **Burnstein Brick** and installed by **Don Ledwez Masonry**. The chimney is the backdrop to a gas fireplace from **Stamford Fireplaces** and matches the angled columns that run the perimeter of the home outside.

Adding to the modern exterior, siding appears as though it extends continuously around the soffits and into the walls. “There’s a great amount of planning that went into those little details that can be easily overlooked,” Darren explains.

The key was to not go overboard, he notes, keeping the home appealing to any future buyers. *Continued on page 34*

TOP LEFT: Darren Hendriks’s home office doubles as his music room where he practises guitar. Carpentry in this space and throughout the home by RCL Carpentry. **ABOVE:** Modern art fits with the contemporary design of the home. **LEFT:** The mudroom/laundry room.

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The master en suite features all the conveniences and comforts, including a vessel tub and two sinks.

“When we designed the home, I was obviously very excited to build it. There are underlying expectations sometimes in your field. There’s pressure to differentiate yourself,” says Darren.



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Since constructing his own home, Darren has been getting more requests for similar modern builds. The company develops and renovates a number of homes a year, but unlike those projects, Darren was feeling relatively pressure-free in the eight months it took to build his own pad. It did require a different mindset than building for someone else, however.


“When we’re working through the design process, instead of offering suggestions, I had to be that person and the end user,” he recalls. “Have I thought of everything and is it going to be conducive to our growing family? I tried to involve my wife in the big decisions but her mindset was ‘This is your area of expertise and I have full faith in your abilities.’” **OH**

TOP: The homeowners are early risers, so windows facing east in the master bedroom to make the most of the sunrise were a must. **ABOVE RIGHT:** The en suite features a walk-through shower. Bathroom cabinetry by Cromade Cabinetry.



LOCAL SOURCE GUIDE

• Amber Stairs & Railings • Aristocrat Floors of the World • Burnstein Brick • Cromade Cabinetry • Dell Smart Home Solutions • Design Concepts by Window Decor • Designs by Santy • Don Ledwez Masonry • Hamiltons of Pelham • Hendriks Roofing Co. • Homes by Hendriks Inc. • Jamar Plumbing • Jay R Mechanical Inc. • Lynchwood Design and Build • Niagara Outdoor Landscaping • Nickerson Home Appliances • Penner Home Hardware Building Centre • QuartzCo • RCL Carpentry • Regional Doors & Hardware • St. Catharines Building Supplies • Stamford Fireplaces • Verhoef Electric Inc • Vermeer’s Garden Centre & Flower Shop • W.L. Daboll Construction



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DOUBLE DUTY

Where there's space, there's opportunity. This home needed a small office and the right place just happened to be in the bedroom. Designer Lisa Canning details her design and offers tips on how to create a multi-use space in a master bedroom.

STORY **LISA CANNING**
PHOTOGRAPHY **DANN TARDIFF**

1 Designate a spot for the office

Once you've found the spot, plan your design. I opted for custom millwork to utilize every square inch of storage I could. Going custom allowed us to paint the desk this gorgeous turquoise colour, Benjamin Moore Waterfall. Take note of the brass, hand-cast cabinet pulls from Shayne Fox – they're like jewelry on this desk. The chair is from CoreChair.



Furniture can also pull double duty: under-the-bed drawers provide storage for extra bed linens.

2 Find the perfect bed

Everyone deserves a beautiful bed. After a hard day a beautiful bed is worth the investment. This bed with its tufted, wingback headboard is from Wayfair and it offers great value with storage. A beautiful bed needs a quality mattress. Here we used the award-winning Casper Mattress. I also chose Casper's sheet and duvet set in a crisp white.

3 Add your personality

This is important, regardless of the kind of space you are creating. It has to reflect you and your unique personality. Here I just had to add elements like the Metrie door painted Benjamin Moore Yellow Highlighter. To ensure this was the focal point, we kept the adjacent sliding closet doors in white to ensure some balance. Again, to ensure the space didn't feel too overwhelming with all the vibrant pops, I wrapped the room in Metrie's tongue and groove shiplap panelling and painted it Benjamin Moore Decorator's White. I love interior mouldings. They provide such a beautiful textural element to any space.

4 Get cosy

Every bedroom needs to feel cosy and comfortable, which is why I added ample blankets and pillows in a variety of textures, all within our colour palette to stay harmonious, and displayed them on the ladder. Lighting also makes a big impact in the room. I added a stunning modern chandelier that adds an architectural element. Lastly, add some fun accessories. The ladder, chandelier, tray and pen are all from Bouclair. **OH**



Design elements come together to make this shared bedroom and home office cohesive.

DO-IT-YOURSELF

tub teas

PROJECT AND PHOTOGRAPHY
TARA CHATTELL



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TOOLS

- Mixing bowl
- Large spoon
- Measuring cups and spoons
- Large bags for tea (either reusable muslin or disposable paper tea bags will work, we've chosen 4-by-6-inch muslin bags)
- Tags (for gifts)

INGREDIENTS

Makes five bags each.

rose coconut milk tub tea

- 2 cups Epsom salt
- 1 cup Himalayan pink salt
- 1 cup coconut milk powder
- 1 cup dried rose petals and buds



lavender oatmeal tub tea

- 2 cups Epsom salt
- 1 cup coarse Dead Sea salt
- 1 cup powdered milk
- 1 cup oats (ground in a food processor or blender)
- ½ cup dried lavender



eucalyptus thyme peppermint tub tea

- 2 cups Epsom salt
- 1 cup coarse Dead Sea salt
- ½ cup baking soda
- 2 Tbsp dried eucalyptus leaf
- 2 Tbsp dried peppermint
- 1 Tbsp dried thyme



↪ Add a colourful tag to make lovely gifts for friends (or just for yourself!)

Directions

- 1 For each recipe, mix the ingredients in a large bowl and divide evenly to fill 5 tea bags.
- 2 Once filled, close each bag tightly, knot the strings and tie on a pretty tag. Store in a cool, dry place.
- 3 When it's time for a bath, toss in a tea bag while you fill the tub with water. Let tea steep for 10-15 minutes (or desired strength) before removing the bag. Happy soaking... OH

online Visit ourhomes.ca/mag/tubteas to download printable tags in PDF format.



Jim and Mary Karagiannis



BRIGHT LIGHTS OF THE CITY

THE PLACE: Jim Karagiannis has a knack for brightening people's lives. It's a skill he's honed over 25 years in the lighting business, and it shines through at **City Lightz**, his St. Catharines store offering 3,000 square feet of lighting fixtures to suit every style and budget. Jim, his wife Mary, and their dedicated staff ensure customers find the fixtures that will do more than simply shed light on their everyday lives. "Lighting is the jewelry of the room," Jim says. "Most people take it for granted that it's just lighting but it will make or break a room." Helping people realize that is a favourite part of his job. "Most people coming in have no idea what they want. You're taking information from them and helping to create what they need," he explains.

THE APPROACH: It's all about service, selection and style at City Lightz. When it comes to service, customers are greeted by knowledgeable staff ready to help them find the right lighting for their home. With selection and style, it's about staying ahead of the curve and keeping inventory fresh, Jim says. "People know they have access to the internet so you have to have what's new and at the right price. We're shopping every market to see what's



new, what's trending and to get the best price for our customers."

THE TREND: Antique brass is golden at the moment. Crystal is still a big seller while black is making a comeback for its timelessness. Whatever the colour, the clean lines of transitional styles are tops.

THE NEWS: The City Lightz team will celebrate the first anniversary of their Hamilton outlet this winter. The Steeltown store, located at Barton Street and Centennial Drive, boasts 7,000 square feet of retail space that makes Jim beam with pride. "You walk into that showroom and it's probably one of the best designed in Ontario. It's simple, straight lines. You walk in and can see everything."

WHERE: 443 Eastchester Ave. E., Unit 3, St. Catharines 905.641.0084 | citylightz.ca **OH**



STORY **TIFFANY MAYER**
PHOTOGRAPHY **KELLY HORKOFF**



STORY **TAMARISK MCNALT STEPHENS**

BUILDING A NEW HOME

Part 1: Lessons learned

OUR HOMES Managing Editor and Interior Designer (I) Tamarisk McNalty Stephens and her husband are in the midst of building a new home in Grey County. She shares the dos, the don'ts and the best practices she's learned along the way. The number one lesson? Be prepared to make dozens more decisions than expected.



*Hire professionals.
Their experience is invaluable when it comes to architectural and interior design.*

PLANNING

DO: Evaluate your needs. We lived in a small cabin on our property for five years. This experience taught us what was actually important to us – insulation and enough space to entertain friends and family – and the things we could live without, like a basement and an en suite bathroom.

Hire professionals when it comes to the architectural and interior design of your home. Experience is invaluable especially if it's your first time building. Professionals can help bring your vision to life.

Decide on a budget figure that you are comfortable with and speak to your bank early to arrange financing.

PERMITS

DO: Talk to all authorities having jurisdiction early. Your local municipality's planning department will have by-laws that apply to the planned structures and all associated parameters, setbacks, etc. Our project is located within the catchment area of the Saugeen Valley Conservation Authority, and it took several months to receive the final approvals.

Submit a complete application when applying for your building permit to avoid delays.

DON'T: Forget to contact your insurance company to get builder's insurance for the duration of construction.



Take the time to design your home to suit your property.

DESIGN

DO: Design a home to suit your unique property. Each site will have natural restrictions, but take the time to consider the views and natural light, the location of outbuildings, where you'd like future gardens and outdoor living areas or a pool. Map out the footprint of the home in the proposed location. Morning sun is very important to me, and in our initial site I realized that I didn't have morning sun hitting the house until about 10 a.m. – that just wasn't going to work!

Pay special attention to the layout of doors and windows. It can be desirable for interior doors to align with windows.

Purchase the best quality windows that your budget will allow. Windows are a detail that are often overlooked, and aside from their thermal rating, they can truly make or break the overall exterior appeal and aesthetic of a home.

Think about kitchen and bathroom design, electrical layout, the switching plan and a furniture layout early on so you have all of the answers when your trades are ready to go. Select your appliances early, so, for example, you can plumb water to your fridge if you have an integrated water dispenser/ice maker.

Think about heating and cooling options early. Walk through with a mechanical contractor to understand how they need to run their duct work so you will know where you'll have bulkheads and registers.

Try to anticipate and integrate structural elements such as dropped beams and/or bulkheads needed to house mechanical equipment into the design – they could become an unexpected feature.

Consider various levels of lighting – general, accent and task – to create an inviting space and wire for it even if you don't intend to use it right away. It's easier and cheaper to do this before the drywall is installed.

DON'T: Rush the design phase. It takes a lot of thought and consideration to get a home that has a layout that meets your needs and is also aesthetically appealing from both the exterior and interior.

COSTS

DO: Request quotes from two suppliers, which is generally sufficient. It is time consuming for suppliers to quote a job/project, so be mindful of that.

Decide where you want to splurge and where you can save. For me, the exterior presence of the home is really important. I didn't want to compromise on the exterior finishes (windows, doors and siding).

Create a spreadsheet to track expenditures and stick to the budget as best you can.

DON'T: Forget to include development fees when calculating the approximate cost of your building permit – they might be an unwelcome surprise.

CHANGES

DO: Make sure you are able to devote the time required if you are taking on the project management. It involves being on site and scheduling trades and deliveries, pricing and ordering plus managing the budget.

DON'T: Make changes on site without considering the implications. Changes will invariably happen as the build progresses and it is important to be mindful of how these changes will impact other elements of the build. **OH**



Memory KEEPER

STORY **DEE WILLSON**
PHOTOGRAPHY **KELLY HORKOFF**

When you scan your living room, do you see walls and furniture? Or do you see Christmas morning, your grandkids on a 6 a.m. high and wrapping paper strewn everywhere? Look closely. And listen. Does laughter fill the room?

Continued on page 46



TOP: An oversize, custom front door adds grandeur to the main entrance. **ABOVE:** Architectural details, including large arched windows, give the home an old-world feel. Grounds by Fairview Landscape. **LEFT:** A built-in banquette in the kitchen nook provides comfortable seating and a view to the cozy family room.

When you plow down the stairs and reach the third tread, the one right before the landing, does the squeak always stop you short? Why? Do you envision your daughter in that pink tutu she refused to live without? Do you recall weekend mornings at the breakfast table, witnessing your ballerina putting on the most adorable dance recitals?

A house is made of walls, flooring and a roof. But it's memories that make these things home. It's the decade-old grape juice stain on the sofa and the growth milestones carved into the door trim. It's the good times, the bad, and every moment in between, the stuff we'll remember forever.

For Jocelyn and Kirk Zavitz, every room in the 3,700 sq. ft. bungalow they built with **Pym & Cooper Custom Homes Inc.** 13 years ago holds cherished moments, big and small. They love the screened-in back porch where they've spent countless hours watching their grandchildren run and play on two acres of stunning countryside nestled in Ridgeville, where Jocelyn grew up. "Ridgeville and Fonhill are full of us Zavitzes," Jocelyn says. "We don't stray too far from home."

And why would you when home has all the advantages of country living only a short leap from amenities. This picturesque town is where the Zavitzes do most of their shopping, gathering supplies for huge family get-togethers.



“We entertain a lot,” Jocelyn says. “Every holiday the house is packed with friends and family who come to share good food, laughter and big hugs.”



The kitchen features sharp details, including a quilted copper backsplash, granite countertops and warm tones in the cabinetry. **ABOVE RIGHT:** The butler's pantry. **FAR LEFT:** Interior doors with glass panels allow for natural light to fill the entire home.



“We entertain a lot,” Jocelyn says. “Every holiday the house is packed with friends and family who come to share good food, laughter and big hugs.”

It's exactly what Architect **Wayne Murray** of **Chapman Murray Associates Architects Inc.** had in mind when he designed the Zavitz home.

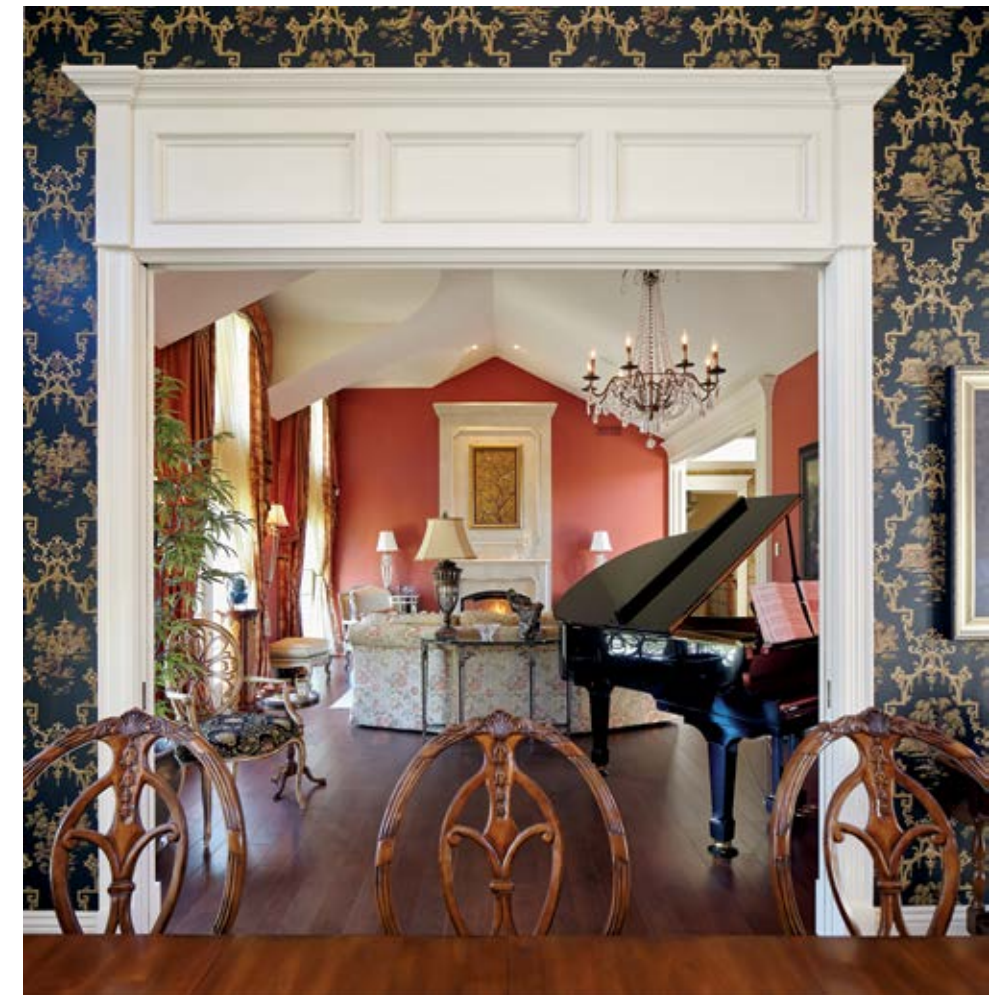
At the core is a large, open-concept living room, kitchen and built-in dining banquette with a soaring A-frame ceiling marked by rustic wood beams; the perfect space for lounging and chatting while dinner is being prepared. The living room is flanked by an elegant fireplace from **Stamford Fireplaces** topped with a disappearing television installed by **Dell Smart Home Solutions**. The **Custom Granite** countertops were chosen to be well used, and the large kitchen island doubles as a buffet most holidays. **Gore Electric** was responsible for all the electrical, and **Reynolds Plumbing Heating and Air Conditioning** took care of the plumbing. Everything is backed up by **PMG Generator Services**. Integrated appliances are from **Nickerson Home Appliances**.

“The kitchen has this amazing old-world charm even though it's not old,” Jocelyn says. “I

Continued on page 49



Dark wallpaper with an Asian motif, an Oriental rug and cathedral ceilings add richness, warmth and airiness to the dining room. **RIGHT:** The dining room overlooks the living room with a grand piano to gather around after dinner is eaten.



love the quilted copper backsplash. It brings out the warm tones in the cabinetry and woodwork.”

Cromade Cabinetry designed and built the kitchen cabinets, as well as the built-in cabinetry in the bathrooms, which are outfitted with fixtures from **Bathworks**. “The master bathroom is very relaxing,” Jocelyn says. “Every nook was well planned, taking full advantage of the space.”

Almost every room boasts built-in cabinetry and shelving, giving every household item a home and keeping things tidy. The built-ins limit the need for furniture and are not only user friendly, but stunning in detail. “I especially love the cabinets beside the fireplace. Oh, and the butler’s pantry,” says Jocelyn.

Natural light floods the home, thanks to the work of Marvin Windows & Doors and **Regional Doors & Hardware**. Large arched windows in the hallway, which run along the front of the home, allow for optimum light, and elegant glass doors between rooms carry that light throughout.

The limestone floors, picked to withstand years of running shoes and rainy day indoor racing are from **Star Tile Centre**, and the hand-painted plaster detailing was done by **Schuit Plastering & Stucco Inc.** and **Vern Martens Painting**. “This house was designed to be timeless. We wanted every room to feel as if we’d lived here a lifetime,” Jocelyn says.

The Zavitzes say they couldn’t have achieved this without the help of **Eileen Santoro** of **Design Concepts by Window Decor**. She worked with Pym & Cooper and many of the trades and artists to bring the Zavitzes’ vision to life. Santoro designed the millwork details, wall finishes, coffered ceilings, furnishings, window treatments, and guided the painters and artists who hand-painted every surface to create an old-world look.

Outside, the timeless stone facade, with supplies from **Burnstein Brick** and installed by **Diamond Masonry & Contracting**, blends into the landscape as if it’s been there for generations.

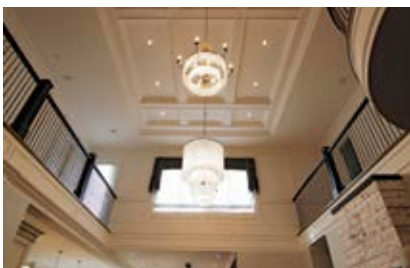
Continued on page 52



The master en suite continues the warm tones found elsewhere in the home in the cabinetry and in the decorative touches.



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A handmade gate, designed by **Ornamental Ironworks**, welcomes guests into a classic French courtyard, which leads to the grand entrance announced by a custom-made **Crowland Sash & Frame Ltd.** wood door.

Everything about this home feels well-aged yet new, timeless yet current, and so very homey. As if time has stopped or refused to change.

While the Zavitzes are no strangers to change, or to renovating and building, they plan to stay in this house for a long time. It's home and a memory keeper. Its walls, floors, and roof are a keepsake box of treasured time. When the Zavitzes scan their rooms, they see all the gatherings they've shared with loved ones. They remember Sunday dinners and singing by the piano. They envision all the future moments they'll experience with their grandchildren. They hear laughter and chatter and the hum of family – memories worth cherishing. **OH**

LOCAL SOURCE GUIDE

• Bathworks • Burnstein Brick • Cedar Specialty Shoppes • Chapman Murray Associates Architects Inc. • Cromade Cabinetry • Crowland Sash & Frame Ltd. • Dell Smart Home Solutions • Design Concepts by Window Decor • Diamond Masonry & Contracting • Fairview Landscape • Gore Electric • John Froese Construction Ltd. • J.S. Kelba Construction Inc. • Maplewood Stairs & Railings Ltd. • Miller Insulation • Nickerson Home Appliances • Ornamental Ironworks • PMG Generator Services • Pym & Cooper Custom Homes Inc. • Regional Doors and Hardware • Reynolds Plumbing Heating & Air Conditioning • RJM Construction • Robert Benevento Roofing & Siding Inc. • Stamford Fireplaces • Star Tile Centre • Schuit Plastering & Stucco Inc. • Tardif Cement Finishers • Vacuflo Niagara • Vern Martens Painting • W.H. Reimer & Sons Excavating



TOP: The master bedroom features french doors that open onto the sprawling and pristine backyard. **ABOVE:** The dressing table in the en suite.

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WINTER WHITES

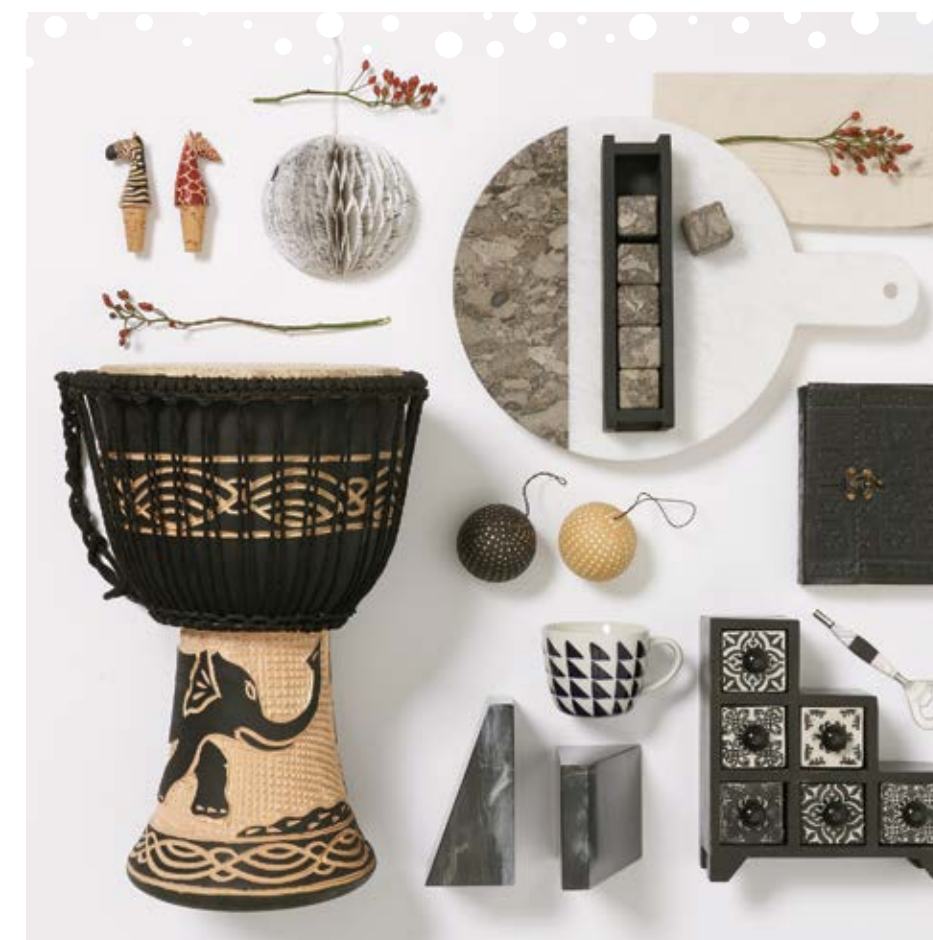
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PASS ON THE SALT

The annual war on winter is about to be waged close to home, literally on the doorstep. As Canadians pull snow shovels out of storage, service their snowblowers and stock up on sand, salt and other de-icers, a little planning for that annual skirmish can help prevent collateral damage to the environment and property.

STORY **WALTER FRANCZYK**

NOT WORTH ITS SALT

Keeping stairs, walkways and sidewalks safe and ice-free during winter is a recurring task, habitually made easier with liberal applications of salt.

Yes salt, or sodium chloride, does a great job melting ice. Its low cost, ease of use and ready availability make it the de-icer of choice for many people. But it can cause considerable damage to concrete and the environment. When salt mixes with snow and ice, it creates brine that can seep into concrete and accelerate the corrosion of rebar, the reinforcing steel inside concrete. Over multiple winters, heavy doses of salt can cause scaling and flaking of masonry surfaces. It can also stain coloured concrete and flagstones. Concrete walkways and stairs should be at least six months old, or even a year old, before salt or other de-icing products are applied, most experts advise.

Canada uses about five million tonnes of salt to de-ice roads every winter. Most of that salt dissolves and flows into groundwater, sewers, creeks and lakes. At high levels, salt can concentrate oxygen near the surface of natural water bodies and harm aquatic life that lives deep below. When salt gets into soil it can interfere with how plants absorb water. Evergreens are especially vulnerable. Salt can dry them out and kill them.

Another de-icer, calcium chloride, is formed in rounded white pellets that generate heat when it comes in contact with ice or snow. It melts snow quickly, but it isn't any more environmentally benign than road salt.

ICE-CLEARING ALTERNATIVES

There are alternatives for those who don't want to contribute salt or calcium chloride to the environment.

Shovelling And Scraping: The chemical-free solution is to simply shovel and scrape steps, walkways and sidewalks. This moderate, cold weather exercise will reduce the amount of salt or de-icer needed and will help keep shovelers healthy at the same time.

Blowing Snow: Snowblowers can tackle most walkways and can be handy after a heavy snowfall, however ice may still build up and need to be shovelled or scraped away.

Sand: Sand provides instant traction as well as longer-lasting traction than salt. In direct sunlight, sand heats up and is able to melt ice as well, though it is slower acting than salt.

Calcium Magnesium Acetate: United States highway authorities found calcium magnesium acetate to be less corrosive and environmentally damaging than salt or calcium chloride. Made from acetic acid and



De-icing products dissolve and flow into groundwater, sewers, creeks and lakes. At high levels, salt can concentrate oxygen near the surface of water, harming aquatic life below.

dolomitic limestone, it is mixed with salt in de-icers packaged for the retail market. But according to the Peters Chemical Company, a large U.S. supplier of ice melters, the concentration of calcium magnesium acetate must be at least 20 per cent of the blend in a de-icer to inhibit salt corrosion.

Portable Melting Mats: Made from moulded rubber, portable melting mats can be placed on top of stairs, walkways and driveways. The mats are strong enough to withstand the weight of cars and stay put. Just plug them in using a heavy-duty power unit.

Radiant Heat: Homeowners who want to make their walkways, steps and driveways completely salt-free and eliminate shovelling and sanding altogether can consider installing radiant electric heat. This is not a quick pre-winter fix, but requires planning and budgeting. Like interior radiant floor heat, this technology consists of electric cables and mats installed below driveway and walkway surfaces. Designed to automatically turn on when severe weather arrives, they will melt snow and ice for the duration of a storm and stay on afterward to dry walking and driving surfaces. Installing them in an existing paved driveway involves tearing up the old asphalt and repaving over heating mats. For existing stone walkways, stones can be removed to

allow installation of serpentine heating cables and then replaced over top. Installations are easier with new construction. Although the heating mats and cables aren't prohibitively expensive, installation requires skilled labour and expertise.

IF YOU MUST

If you do use salt or a de-icer, always apply sparingly, after first shovelling away as much snow and ice as possible. Use it only on ice and in high traffic areas, away from the base of your home. De-icers are most effective when applied before the onset of snow, to prevent

ice from forming and sticking to footpaths, making them easier to clear.

When buying de-icers, check the labels for contents. The Material Safety Data Sheets (MSDS), required by Canada's Workplace Hazardous Materials Information System, provide the chemical composition of traction compounds. Some de-icers, including one priced at nearly five times the cost of salt, are promoted as green and environmentally friendly, but are mostly salt with only small amounts of additives.

Once winter is gone, washing down walkways, stairs and areas near plants and shrubs will help disperse de-icers. **OH**



A chemical-free solution is to simply shovel and scrape steps and sidewalks. Sand provides better and longer lasting traction than salt.

chocolate HAZELNUT FUDGE

RECIPE AND PHOTOGRAPHY **JENELLE MCCULLOCH**

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INGREDIENTS

3 cups dark chocolate chips
600 mL (2 cans) sweetened condensed milk
¼ cup chocolate hazelnut spread
¼ cup hazelnuts, toasted
Ferrero Rocher chocolates



DIRECTIONS

Line an 8-by-8-inch baking sheet with parchment paper and set aside.

In a large saucepan over medium heat, combine dark chocolate chips, sweetened condensed milk and chocolate hazelnut spread. Heat until chocolate is melted and ingredients thoroughly combined. Remove from heat and stir in toasted hazelnuts.

Pour into prepared baking sheet and spread evenly. Place Ferrero Rocher chocolates into the fudge until they are completely immersed.

Let fudge harden in fridge until set and slice into squares. **OH**

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(Please see ad on pg 2)



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(Please see ad on pg 13)



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Our never ending search for new product from artists and artisans turns up new finds every month.

Your garden and patio should be an extension of your home to enjoy with family and friends – let us help you dress it up with a sculpture, a beautiful pot or a piece of kinetic art. Whatever colour or size you desire, whether a pot for a tree or a tomato plant, we can probably meet your need.

Classic, contemporary, international, or modern, local art or art from around the world, we know you will find it in our broad and exciting collection. Our garden and gallery are open daily. When you add your email address to our list you will be informed of upcoming events and new products. Hope to see you soon!

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(Please see ad on pg 31)



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A recent customer expressed it the best. After buying online from a huge selection of lights the frustration began. Assembly was a nightmare and the lights just didn't shine. The intimate nook was left as bright as a mall parking lot. Does this sound familiar to you?

Yagho, our resident electrician/installer said it best: “Our products are selected with ease of installation in mind and we're always here with professional advice or to do the installation for you”. Susan, the other half of the team, specializes in colours: “Wall shades and how light is reflected by the texture and furniture are a key part of selecting the power, dispersion and colour temperature of the lights”.

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(Please see ad on pg 21)

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- Distinctive Designs & Cabinetry Inc.** 120 Dunkirk Rd, St. Catharines
- Don's Light House** 296 Lake St, St. Catharines
- Dunn's Furniture** 255 Bunting Rd, St. Catharines
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We also work with seniors who are downsizing their belongings. From online auctions, to selling items online, to consignment stores or giving to respected charities, we work hard to have your belongings not end up in landfill.

We can prepare your home to be listed, pack for your move, and unpack into your new home. We can also help those overwhelmed with busy lives regain a sense of order.

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(Please see ad on pg 59)



PENWOOD FURNITURE

Penwood Furniture has just celebrated our 25th anniversary as the area's leading destination for real wood handcrafted furniture. We are a small family business with 3 locations and provide custom furniture for all rooms of your house.

At Penwood, we believe our customers are our strength. We pride ourselves on our customer service and after sales care.

Each piece is a timeless heirloom that brings families together and creates loving memories. Whether you are gathering around the dinner table or cosying up watching a movie, Penwood Furniture is there making memories better. All of our furniture is made right here in Canada by local master craftsmen.

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GENERAL HARDWOOD FLOORING & TRIM

General Hardwood Flooring & Trim is a company I established in 2003 after working in the flooring industry for 7 years.

I have experience in refinishing, repairing, and installing all types of hardwood flooring surfaces. I also enjoy artistically designing floors with customers to meet their personal needs and desires. Consultations between myself and the homeowners are essential to ensure customer satisfaction.

Whether it be a busy home with young children, a home with multiple pets, individuals looking for elegance and low maintenance or millennials looking for a chic upgrade to showcase their home, every home has unique characteristics that a hardwood floor can enhance and compliment to bring out the best it has to offer.

Since the age of 13, I have been exposed to much of the construction industry. My father was a general contractor, teacher and mentor who inspired me to open my own business at 25 years of age when I realized woodworking was what I most enjoyed. The positive reaction I receive from homeowners after completing a project is what drives me to continue to do what I do.

Peter Dragozet
905.515.4323



HOLIDAY CHEER SUPPORTS SPRING PLANNING

As we are all gearing up for a new year, we in real estate are starting to plan for the spring market, one of the most wonderful times of the year to sell!

Did you realize that the "spring" market actually starts in late January? True story. Once we get through the holidays and into the new year, clients start thinking about what's next, and the calls start to roll in.

So in preparation you should start to get your place ready now if you are thinking about selling in the spring, as it's only a short couple of months away.

Make lists and start purging before the Christmas gifts start rolling in! You will probably have some downtime at home over the holidays, the perfect time to stay indoors and do touch ups and organize.

Please call me for tips and ideas on how to get started with preparing your house to list!

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STORY **TIFFANY MAYER**
PHOTOGRAPHY **KELLY HORKOFF**

We checked in with some of our finest local pros to find out what they have in store for the New Year.

READY FOR **2019**

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OWNERS

*Dell Smart Home Solutions,
St. Catharines*

What is Dell Smart Home Solutions?

We are a Niagara-based company focused on making home technology easy and approachable for everyone. Founded in 2002, we work with homeowners, builders, interior designers and renovators to help integrate technology cleanly and easily into everything from large-scale, new construction and custom homes to everyday family-room television installations.

What is the big trend right now in home electronics and technology?

Audio/video is always popular, but home control has become a very popular trend. People love being able to easily control their door locks, thermostat, garage door, lights and security system with one easy-to-use app. Professionally-installed systems make it easy to use, robust and secure.

What do you most look forward to at the start of a new calendar year?

We have added to our showroom again and look forward to touring homeowners throughout 2019. When building or renovating, we encourage homeowners to visit our showroom to learn about solutions available during construction – everything from wiring for a clean television install, audio throughout their home or full-home automation.



STEPHANIE WEGELIN, *MERCHANDISER*
JEFF BOKMA, *GENERAL MANAGER*
& **BARB BALLANTYNE**, *HEAD FLORIST*
Vermeer's Garden Centre and Flower Shop, Welland

Tell us about Vermeer's: Vermeer's has been in Welland for 57 years and we're looking forward to many more years. We specialize in floral, giftware and plants. Right now the entire store is devoted to Christmas.

What's big in plants and flowers right now? Succulents and cacti are extremely popular.

What is your New Year's resolution? In the New Year, we are hoping to open a new 10,000 sq. ft. greenhouse in our garden centre to better serve our customers.

Continued on page 66



VINGY ALEXANDER,
DANIELLE GIRHINY &
VICTOR KRMPOTIC

SALES TEAM
Rinaldi Homes, St. Catharines

What do you do at Rinaldi Homes? We are Rinaldi Homes' new home sales team. We help people sort through their wants and needs for their new home and help to make their vision a reality.

What are the perks of your job? We get to meet new people every day and have great conversations to get to know them and their lifestyle. Everyone's vision of their perfect home is unique. It's fun to figure out what's most important to them and find their perfect fit. The most rewarding part is to watch the excitement build from the time of selecting a home design to seeing their dream come to life.

What are your goals for 2019? It's going to be an exciting year for us at Rinaldi Homes. We have new projects at Drapers Creek in Welland and Mill Creek in St. Catharines. We're looking forward to new challenges and making new friends and neighbours in our communities. Every year we strive to build more homes, create the best customer experience, and have more raving fans saying "I love my Rinaldi home!"

CHARLES
NICKERSON JR.

PRESIDENT
*Nickerson Home Appliances,
St. Catharines*

Tell us about Nickerson Appliances: We've been family-owned for over 73 years and are driven by an extreme customer focus. The way we see it, our customers have a large stake in our business, and we act that way every day. Each customer deserves to be delighted by their new appliances regardless of whether they are entry level or the highest-end product in the world. Finally, our team of industry-leading experts is second to none in the appliance business.

What's big in home appliances at the moment? We are seeing steady growth in black stainless as a colour in addition to non-marking stainless steel finishes. On the high end of refrigeration, we're seeing the rise of columnized units. With these we are able to create custom, integrated fridge/freezer configurations.

Do you make New Year's resolutions? I don't make New Year's resolutions. I tend to focus on making goal-setting and measurement part of everyday life, using smaller, more achievable adjustments versus once-a-year, major course changes.

Continued on page 68





**STEVE ENNS, NELLIE WITZKE,
ALEX KROON, ART ENNS,
ASHLEY SAYWELL &
STACEY OLDER**
Enns Cabinetry, St. Catharines

Tell Us about Enns Cabinetry: Enns Cabinetry is a family-owned business that has over three generations of experience in the cabinetry industry. What started as a single home-based operation has grown to a thriving, expanding team of expertly trained designers, craftsmen, and installers in the most beautiful showroom in Niagara. With products that span all desirable textures, colours and materials, we are eager to accurately and skillfully pair every budget with its perfect design.

How do you approach new projects? We believe everyone, regardless of social or economic standing, deserves to be treated with the same dignity, respect and personal attention. This is why we only build high quality, custom tailored cabinets and will not cut corners. That's why we aim to give everyone the same experience, from design to installation, and to do it with quality, integrity and service.

What's the best New Year's resolution you've made and kept?
Art: To slow down and enjoy the moment more. As technology speeds up and business grows, life gets busier. This past year I made an intentional decision to not take on more than I could handle, and enjoy the things that give me joy: spending time with my spouse, kids and grandkids, taking on a new passion project and learning how to be a better leader, both at work and home. **OH**

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PROJECT DAWN MCCONNELL | PHOTOGRAPHY TARA CHATTELL



Shapely tiles make a lovely gift tag.



NAME TILE PLACE CARD

TOOLS & MATERIALS

Ceramic tiles, your choice (we used a sheet of white arabesque tiles)
Permanent marker (we used a gold Sharpie)

DIRECTIONS

Wipe tiles with a damp cloth, removing any oil or film on the surface.
Using permanent marker, write or print name or message.
Let tile sit until completely dry, about 1 hour.
Your place card is ready.



online

Discover more DIY projects at ourhomes.ca/mag/create



LIGHT BULB PLACE CARD

TOOLS & MATERIALS

Large holiday string light bulbs
Acrylic paint in your choice of colour
Paintbrush
Sealant (we used Mod Podge)
Marker in contrasting colour (we used silver, black and gold)
Waxed paper
Twine or ribbon
Glue
Tiny trinkets for decoration

DIRECTIONS

Cover workspace with waxed paper. Apply two coats of paint to the glass of each light bulb, allowing to dry between coats. Coat painted area of bulb with sealant.
When dry, write or print names on bulb using marker. Wrap bulb stems with twine or ribbon and glue in place. Decorate with bows and/or trinkets. **OH**



Add a personal touch to your Christmas dinner!

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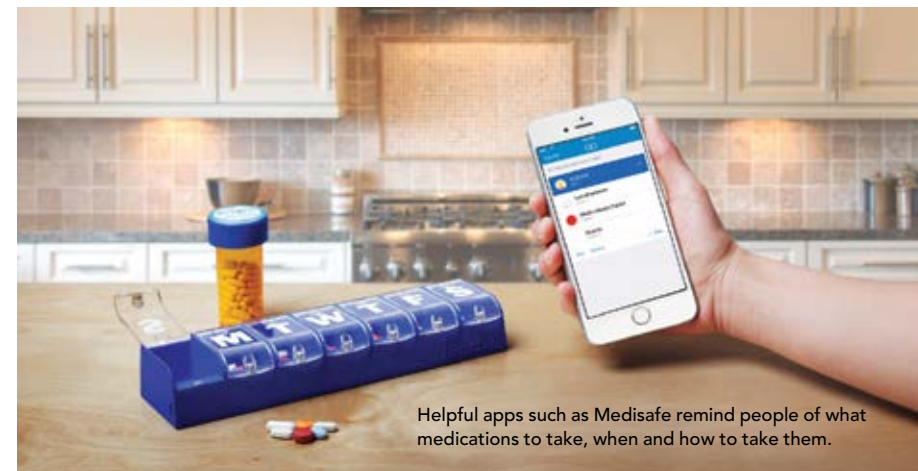
STORY **WALTER FRANCZYK** | ILLUSTRATION **SHEILA BRITTON**

Aging at home in the digital age can be a challenge as well as an interesting adventure that enhances and prolongs independent living. When it comes to adopting modern conveniences that help people live at home as long as possible, age-appropriate technology is essential.

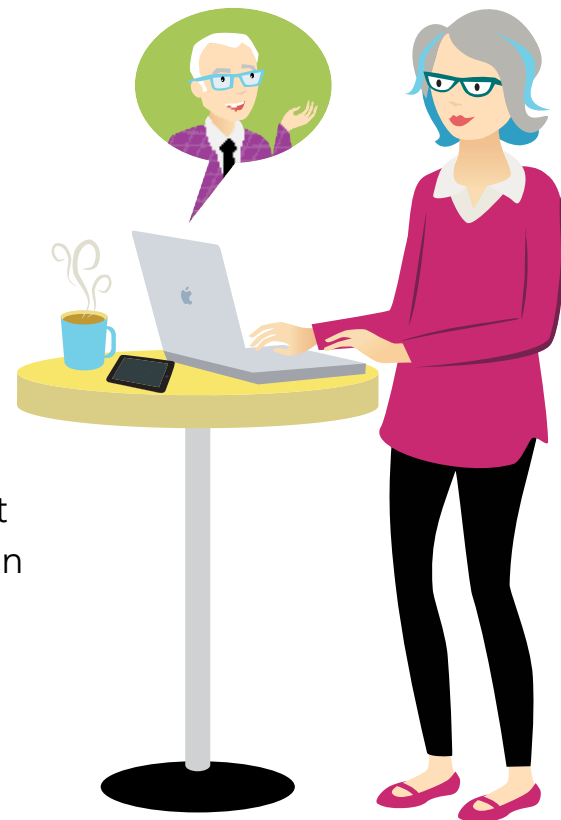
Most seniors, already enjoying their retirement years, prefer low-tech, easy-to-use solutions, says Heather Mahon, who owns Heather's Home Healthcare, a medical equipment and supplies store that promotes independent living.

Low-tech solutions could include something as simple as soft rubber covers that slip over kitchen and bathroom taps, making them easier to turn. A portable phone or a cell phone, taken into the bathroom during showers or baths, is a simple safety measure. "If you fall, you can call 911," says Heather.

An ever-expanding universe of digital technology promises benefits unheard of when today's seniors bought their first homes. Retirement is an excellent opportunity to explore emerging technology and to learn about computers, the internet, digital devices and all they have to offer. Technology is used in every facet of life to make tasks easier and faster, according to Aging in Place, a resource hub for seniors and families. "It's important not to underestimate how technology can help you in your golden years," the organization advises.



Helpful apps such as Medisafe remind people of what medications to take, when and how to take them.



When travelling to see family and friends gets too difficult due to inclement weather, distance or mobility issues, people can keep in touch through email, text messages or live video links such as FaceTime and Skype. Simple training in using computers, smartphones and tablets is available through local libraries, recreation departments or seniors organizations.

Medical alert services, often the first aging at home improvement, are also easy to use. They typically provide clients with a small help button that can be worn as a pendant around the neck or on the wrist. Someone in need of help can simply push the button to reach a monitoring service. Some systems have the ability to detect falls. With the home phone turned into a speaker phone, the monitoring centre can call the customer. "If they don't respond, they're going to call an ambulance," says Heather. Monitoring is available 24 hours a day, seven days a week. "They don't care how often you press that button. They're there," she says.

With voice commands, mobile digital assistants such as Apple's Siri or Amazon Echo's Alexa can be used to find out the weather or traffic conditions, to send an email, make a phone call and more.



Window shades can be automated to open and close and temperature can be adjusted remotely from a smartphone.



People with complex medical conditions that require multiple medications can take advantage of new technologies that help ensure they take their pills as prescribed. For example, a heart transplant recipient who takes more than two dozen pills every day uses an app called Medisafe to remind him what pill he should take, at what time and whether he should take it with food or water. The application for tablets or smartphones can be programmed to alert a designated relative or caregiver if someone has forgotten to take medication.

Spencer Heath Solutions has taken a step further and developed a medication dispenser. About the size of a toaster, it can be placed on a kitchen counter. It doles out pre-packaged doses of the right medication at the right time, as prescribed. It alerts users when its time to take medicine and can remind them when they've forgotten. The device can also alert caregivers and pharmacists when someone has missed taking medication.

THE SMART HOME

Sarah Love and her husband Stewart operate a Burlington company called PM WYRE that automates homes and cottages. Many of their customers are age 60 or older. "A lot of them are people who are building their retirement home and they're looking to stay at home forever," Sarah says. "So we work with the builder to provide a variety of solutions to make their home safer as they age."

A critical care nurse for 15 years, she worked closely with home care services in getting

people home after they were discharged from hospital. "I think I bring a unique perspective," she says. The couple work with clients to design smart homes to be exactly what homeowners want. PM WYRE can install sound and television systems, security systems, panic alarms and sensors that detect whether their sump pump is working or if water is leaking into the basement. They can install a camera if homeowners want family to visually check on them via smartphone or computer. Doorbells can be equipped with a camera to show, on the home television, who's at the door. "The client will hit it and see if they want to get up and answer the door," Sarah says.

"We work with clients to develop light pathways. So, for example, if they frequently get up and use the bathroom, we can do a pathway of light that's set at 10 per cent or 20 per cent that's on at night from their bedroom to the bathroom. And when they get to the bathroom, we can put in an occupancy sensor in the bathroom so the light goes on. When they leave, it automatically goes off."

Medical alert devices and mobile digital assistants can allow seniors to live independently for as long as possible.



In bedrooms or other rooms, window shades can be automated to rise in the morning and descend in the evening, so homeowners aren't struggling to get behind furniture to open and close shades, she explains. Lighting can also be automated to turn on and off when homeowners want. The house can be programmed so when homeowners leave, they can press one button and the security system engages, shades descend and lights adjust to leave on only those that are necessary. When owners come home and punch in their key code on the door or their smartphone, the security system automatically disarms and lights come on at appropriate settings and locations. The door code can even turn on their favourite music or radio station.

The systems are user-friendly and not difficult to learn, Sarah says. "Our objective for our clients is to make it as simple as possible for them." **OH**

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3

This sink won't scratch or stain.



3. BLANCO: Ikon 30 Apron Front Silgranit Kitchen Sink in Anthracite 4. BLANCO: Artona Kitchen Faucet in Stainless Finish/Anthracite



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6

5. RIOBEL: Toscani Kitchen Faucet with Spray in Stainless Steel 6. KRAUS: 33-Inch Topmount 60/40 Double Bowl 18 Gauge Stainless Steel Kitchen Sink with Noisedefend Soundproofing

in SINK!

Planning a kitchen renovation? Getting new counters? Kitchen sinks and faucets have come a long way and should be a focal point in the hardest working room in your home. We've gathered some inspiration for every home chef.



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7. KRAUS: Geo Axis Single Handle Pull-Out Kitchen Faucet in Stainless and Spotless Black Onyx Finish
8. KRAUS: Standart Pro 30-Inch 16 Gauge Undermount Single Bowl Stainless Steel Kitchen Sink

8



9

9. NATIVE TRAILS: Cocina 33-Inch Hand Hammered Copper Undermount Kitchen Sink in Antique Copper
10. GROHE: Bridgeford Kitchen Faucet with Side Spray in Oil Rubbed Bronze



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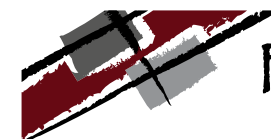
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11. GROHE: Essence Single-Handle Kitchen Faucet in SuperSteel Infinity Finish



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12. NATIVE TRAILS: Farmhouse Double Bowl 33-Inch NativeStone Apron Front Sink in Slate



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13. KRAUS: Standart Pro 36-Inch 16 Gauge Single Bowl Stainless Steel Farmhouse Kitchen Sink



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14. KRAUS: Esina Single Handle Pull-Down Kitchen Faucet with Dual Function Sprayhead in All-Brite Spot Free Stainless Steel Finish



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17. GROHE: Essence Semi-Pro Kitchen Faucets in Multiple Colours



18

18. AQUABRASS: Atelier Stainless Steel Double Bowl Topmount



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15. KRAUS: Bolden Single Handle 18-Inch Commercial Kitchen Faucet with Dual Function Pull-Down Sprayhead



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16. KRAUS: Premier 35-Inch 16 Gauge Undermount 60/40 Double Bowl Stainless Steel Kitchen Sink



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19. KRAUS: Geo Arch Single Handle Pull-Down Kitchen Faucet in Stainless and Spotless Black Onyx Finish



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20. KRAUS: Forteza 33-Inch Dual Mount Single Bowl Black Granite Kitchen Sink

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