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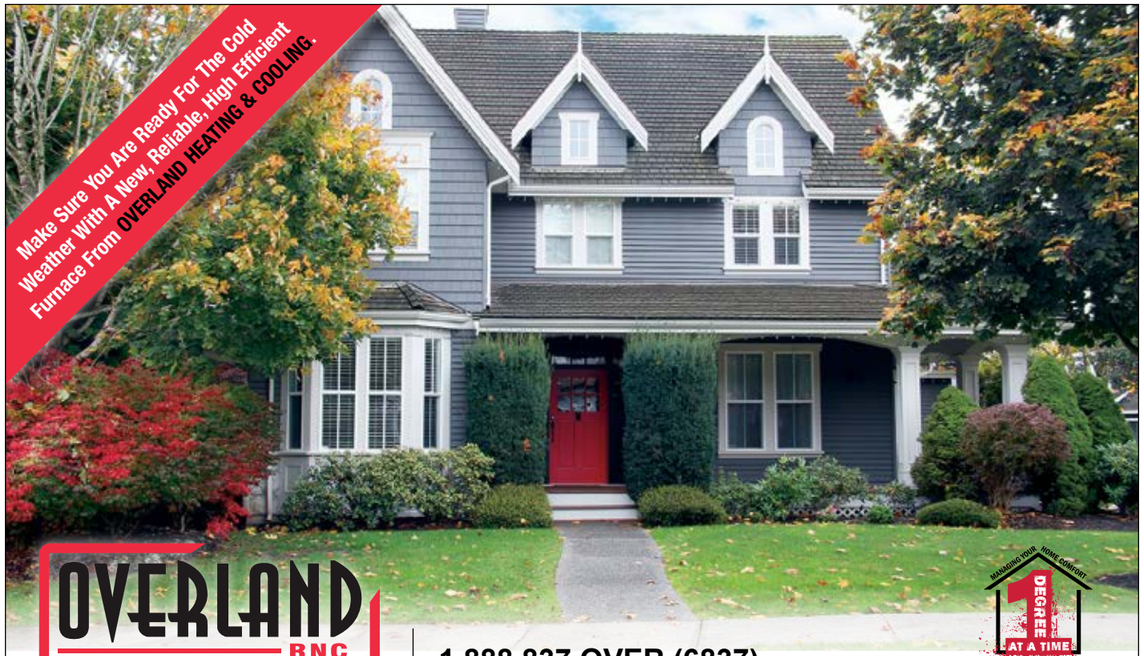

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I CAN'T GET INTO ANY of my kitchen cupboards anymore. The good news is, my baby can't get into anything either.

We've been baby-proofing, a necessary evil in many homes. There are very few chic baby gates, fridge locks or cupboard latches that scream "high end décor." Everything is function, not form. No matter – that's the type of lock I'm installing all over my house once again because I have a baby who is on the move and he thinks everything in our house is fair game. I beg to differ.

Now I feel like everything is locked behind a myriad of new latches, locks and preventatives to keep little hands from landing on things they shouldn't. Great for keeping him safe but not for keeping my sanity, sometimes. I'm already doing most things one-handed, either holding the baby or chasing down my three-year-old, so now my hands have to figure out how to manoeuver getting into cupboards again. I can't just use my feet to swing the pantry open at snack time anymore (or ask his brother to help by getting an applesauce out for me). Oh well – in time, we'll slowly be able to reduce the number of locked cupboards we have (I hope).

Both of our feature homes this issue are recent renovations. Neither had to take baby proofing into consideration, but that doesn't mean they didn't have quirks to work around. They're both older homes in Kitchener that came with lots of personality and their own special challenges.

Nevertheless, both have been reimagined and redecorated and they're definitely more current. One was designed by a couple of real estate agents who have their fingers on the pulse of KW real estate and knew exactly what they wanted in a home (page 36) and the other is a redesign by a creative family, which is currently listed for sale (page 20).

I know you'll enjoy reading about both. I thoroughly enjoyed exploring them (baby latch-free, what a luxury).

Until next time,

Adrienne

Adrienne Brown, *Managing Editor*
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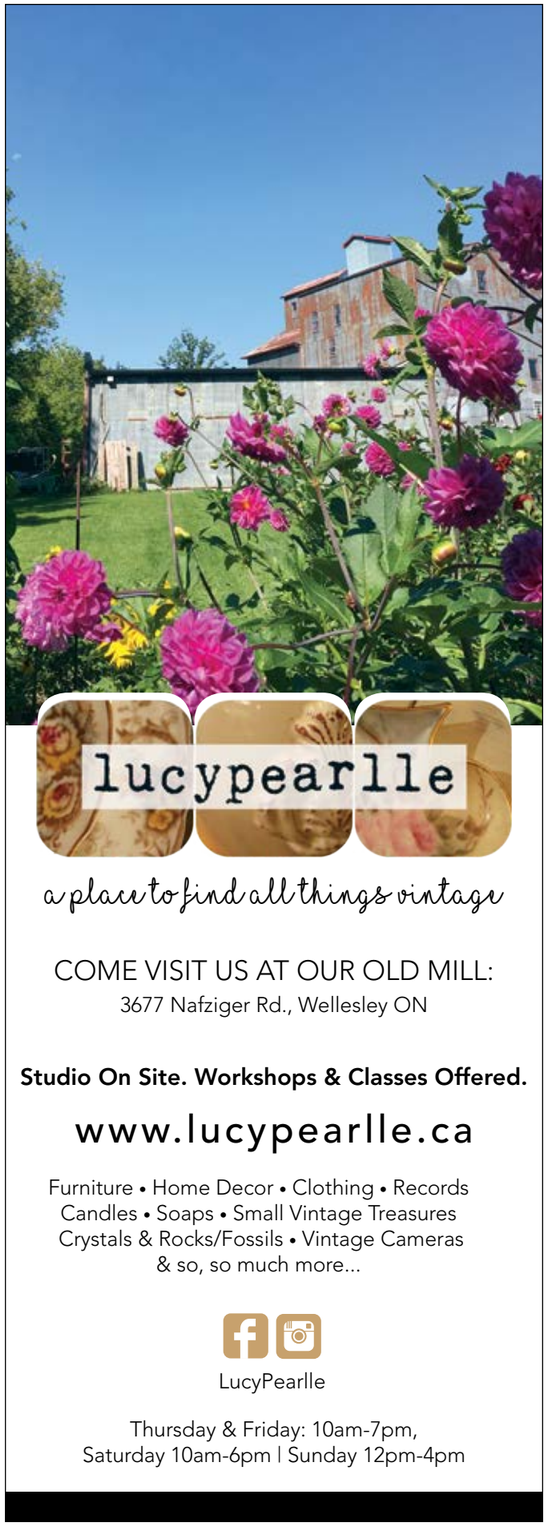

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ON THE COVER

A young Kitchener couple's fresh home oasis in blue. Story, page 36. *Photography by Jason Hartog.*

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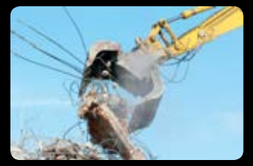

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AREA RUGS

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

Back in the 50s, 60s and 70s, families were very proud of their luxurious wall-to-wall carpeting, and in some cases, installed it up the wall. Slowly, wood plank flooring became the norm. In came the area rug.

Hard surface floors, whether stone, wood or laminate, can use an area rug to help define a space, mute noisy footsteps, camouflage worn or uneven floors or add warmth and cosiness to a space.

EVOLUTION OF CARPET

Carpet design is a huge industry and area rugs especially are a great way to add a bold statement, a splash of colour or a large pattern. While neutrals still dominate area rug purchases, more people are picking modern designs and brighter colours. Even traditional Persian motifs are getting a colour refresh.

Once furniture is placed on a rug, the rug pops enough to give your room some panache. Michael Pourvakil, owner of Toronto's Weavers Art, believes floors are a room's fifth wall, and another place to enjoy visual luxury.

Creative Matters, another Canadian company, designs custom area rugs for the rich and famous worldwide. Known for practical products with vibrant hues, they use as many as 50 different yarn colours for each unique rug.

Not only are carpets tufted and woven, they can be printed with the use of tiny ink jets. For example, Pantone, known for their colour matching, is using its ink-printing knowledge to produce playful and emotional colour combinations for the floor.

FLOR, a carpet-tile manufacturer, took their office products and recoloured and restyled them for the residential market. You can cut, mix or match any shape or size you need.

MATERIAL POSSIBILITIES

NATURAL FIBRE

Natural fibres singe and are naturally fire resistant, and include:

Wool: From sheep. Luxurious and durable. Fibre traits reduce visible soil. Hard wearing.

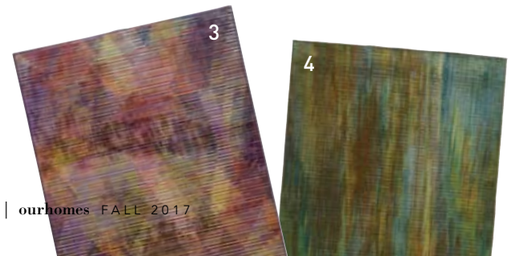
Silk: From the silk worm's cocoon. It has a sensual sheen and soft feel.

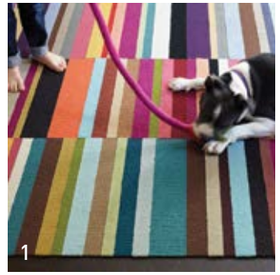
Jute / Sisal: Plant fibre. Has a strong, rough texture. Stains easily. Can turn mouldy when wet.

Cotton: Comes from a plant seed-pod. Stains easily. Not long wearing.

SYNTHETIC FIBRE

Synthetic fibres can melt or burn and include:





DAVID NOSELLA INTERIOR DESIGN

Nylon: A petroleum product. The hardest wearing and best looking of all the artificial fibres. Great appearance retention and wears well. Better resistance to crushing and matting. Great for high-traffic areas. Easy to clean.

Art Silk / Bamboo / Silk Viscose: Made of cellulose, which is a synonym for rayon. Crushes easily. Does not wear well. Difficult to get stains out.

Olefin / Acrylic / Polyester: Petroleum products. Resist fading. Chemical, moisture and stain resistant but crush easily. Low appearance retention.

PRACTICALLY SPEAKING

When selecting a carpet, focus on:

Appearance or newness retention.

Retention of original colour and texture.

Fibre properties, yarn characteristics, finishes and construction features.

Anticipated traffic levels.

CARPET CARE

Rotate: Balding will occur over high traffic areas, so turn rugs periodically or flip where possible.

Vacuum Regularly: Sand and dirt can act as micro blades sawing away at fibres, so vacuum regularly.

Pad: Using an under pad makes carpets soft and cushy, prevents slipping and sliding and protects the underside of the carpet, allowing sand and dirt to filter to the under pad and not scratch your floor.

Pets: Our four-legged furry friends can have accidents. Protect with a carpet sealant.

Beverages / Food: The worst offenders are red wine and blueberries. The 10-second rule does not apply. Send carpet to be cleaned, you'll be glad you did.

DESIGN TIPS

Choose your rug before you've chosen fabrics for your drapes and sofa. It's difficult and nearly impossible to find an area rug to coordinate with an existing colour scheme.

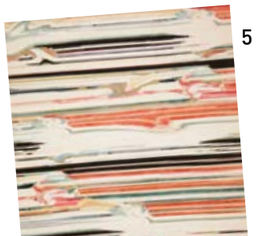
Let the carpet reveal your ideal colour scheme. Use carpet colours to pick your fabrics and paints.

WHAT'S NEXT FOR CARPETS?

Look for intelligent rugs that can detect your fall and then call for help.

Net-works by Interface recycles fishing nets from the Philippines to create carpet tiles, providing work for small fishing villages and cleaning up their beaches.

Know that area rugs are now the fifth wall of your room, lying under your feet – there to make your feet and your visual senses happy! **OH**



1. FLOR: Parallel Reality Carpet Tiles
2. CREATIVE MATTERS INC.: Custom Wool and Silk Handknotted Rug **3 & 4. ORIENTAL WEAVERS:** Pantone Universe Prismatic Rugs
5. WEAVERS ART: Cliffs & Clouds Rug

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GOLD STANDARD

Mixed metals are having a long moment in décor and style right now. Incorporate them into your décor as features or as subtle accents in top-quality finishes.

PHOTOGRAPHY **JASON HARTOG**

3

4

5

6

1 LAVENDER & MONET

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This soft local landscape painting by Sheila Diemert framed in gold is a unique piece that will never go out of style. More of Sheila's work is available through Lavender & Monet.

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white chocolate CRANBERRY BARS

RECIPE AND PHOTOGRAPHY
JENELLE MCCULLOCH

THIS DESSERT STARTS WITH A COOKIE-LIKE LAYER FILLED WITH WHITE CHOCOLATE CHUNKS AND CRANBERRIES AND IS FINISHED WITH A FLUFFY CREAM CHEESE FROSTING!

BARS

INGREDIENTS

- 2 cups all-purpose flour
- 2 cups brown sugar
- 2 large eggs
- 1 cup butter, melted
- 2 tsp vanilla extract
- ½ tsp salt
- ½ cup white chocolate, chopped
- ½ cup dried cranberries and a handful for garnish

DIRECTIONS

- Preheat oven to 350°F. Line a 9-by-9-inch baking pan with parchment paper.
- In a large mixing bowl and using an electric mixer, beat together melted butter and brown sugar until smooth.
- Add eggs and vanilla extract. Beat until smooth, then slowly add flour and salt and mix well.
- Add white chocolate and cranberries and, on low, mix until incorporated.
- Pour batter into pan and bake for 20-25 minutes until set in the middle.
- Remove from oven and let cool on rack.

FROSTING

INGREDIENTS

- 1 8-ounce package cream cheese
- 1 cup butter, softened
- 2-3 cups icing sugar
- 1 tsp orange zest

DIRECTIONS

- While the bars are baking, with an electric mixer, beat together butter and cream cheese until fluffy.
- Add icing sugar 1 cup at a time until reaching desired sweetness. Stir in orange zest.
- Top cooled bars with an even layer of frosting and garnish with extra cranberries. OH

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YUCK-FREE kitchen composting

STORY **TAIGAN DANCE**

PHOTO: COURTESY LEE VALLEY

PHOTO: COURTESY OF GREENLID

Many of us are guilty. With good intentions of using the green bin or compost, we've caught ourselves tossing food scraps and leftovers into the garbage. For some of us it's not worth the stench or grime involved in scraping the remnants into the green bin in an age of efficiency and busy lives; it seems easier to toss it all into the garbage.

But, it is fairly easy and worthwhile to live a greener life. While composting and green bin use isn't always pretty, it may soon become mandatory by municipalities. To help make this job easier, here are some products and tips to help make your green bin experience more bearable, less of a choice and more of a routine.

Products

A. BioBag: These bin liners are designed for 35-litre containers and are highly breathable, made of biodegradable plastic and ideal for kitchen waste. BioBag products have a very high penetration barrier against bacteria, viruses, spores and mould.

B. Compost Pail Charcoal Filter: The charcoal filters in these Canadian-made pails absorb odours.

C. Greenlid: No leaks, no smells. This Canadian-made compostable bin boasts that it is leak-resistant.

D. Waste Management Odour Disposer: Using plant-based ingredients safe for kids and pets, this spray rapidly eliminates odour-causing bacteria.

E. Ecolife Odour Blaster: Eliminates odours instead of masking them.

Preventative measures:

1 To avoid those smelly liquids often found beneath your biodegradable kitchen-catcher, layer newspaper inside the bag to soak up any liquids or smells. You can also line the bin with newspaper or egg cartons to catch any spills from holes in the plastic.

2 Use a smaller bin that is easy to access in your kitchen. The more frequently this bin is emptied, the less likely odours will consume your kitchen. Be sure to wash your small bin after emptying with warm, soapy water.

3 To prevent a gag-reflex-worthy encounter with pests and bugs, it is best to avoid tossing expired meats or meat scraps in the bin too early in the week. Wrap your meat scraps in newspaper and store them in the freezer until collection day.

4 In the winter, to keep your outdoor bin from freezing, try spraying the lid lightly with cooking oil.

5 In the summer, it is best to keep your bins out of direct sunlight, either in the garage or in a well-shaded area. The warmth from sun exposure causes moisture and makes the matter start to decompose and cause odours.

Problem solving:

6 Use natural cleaners in the bin to get rid of unwanted odours or pests. Sprinkling baking soda, spraying the bin lid with vinegar or cleaning with lemon juice are all appropriate ways to clean your bin without the use of harsh chemicals.

7 Eliminate odours by spraying the bin with a solution made of 50 per cent water and 50 per cent vinegar.

FEEL GOOD ABOUT YOUR EFFORTS TO REDUCE YOUR WASTE PRODUCTION. HOPEFULLY, THESE TIPS MAKE YEAR-ROUND COMPOSTING YOUR NEW PASSION. OH

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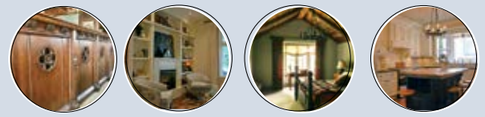

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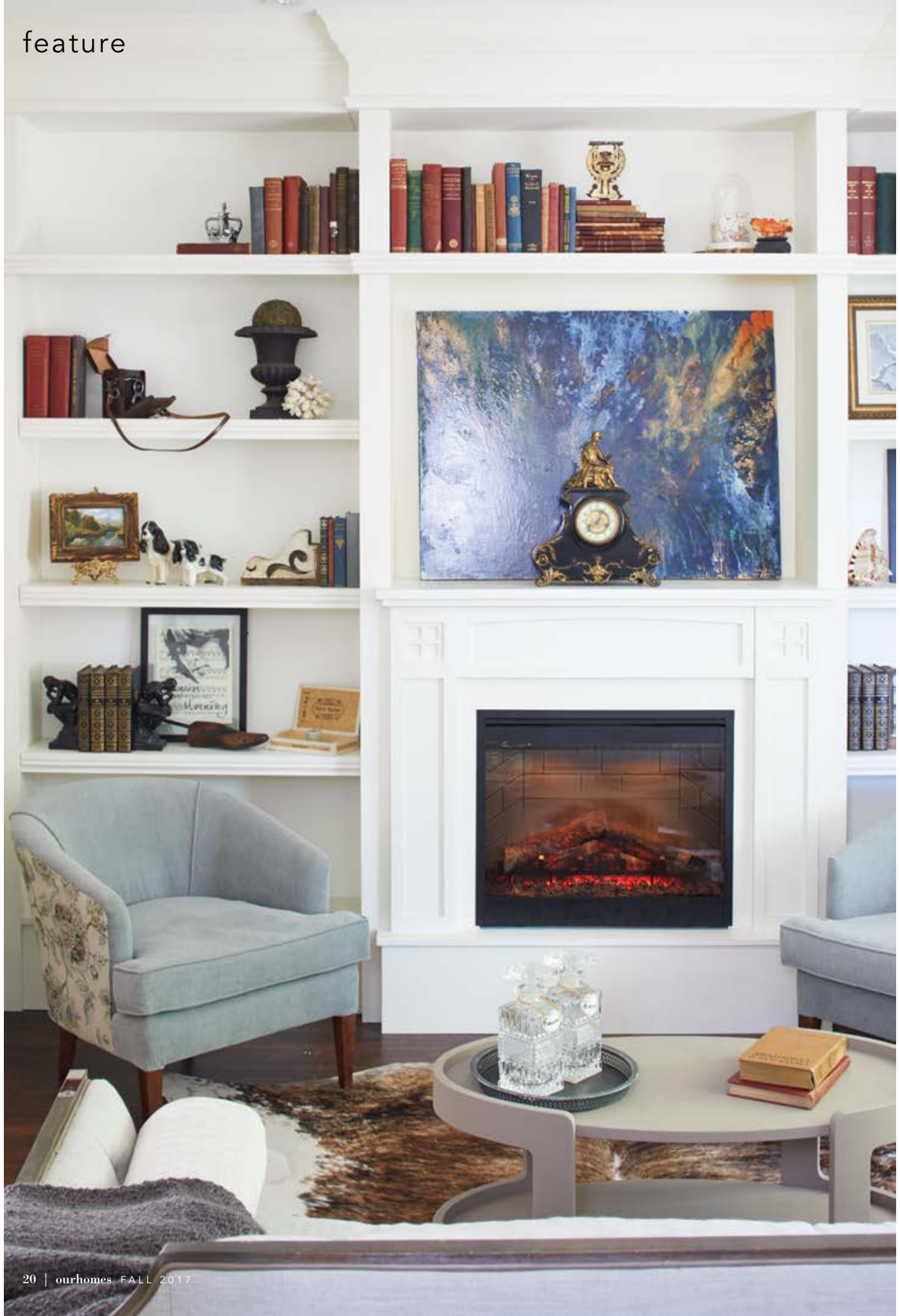

kindred CREATIVITY

STORY **ADRIENNE BROWN**
PHOTOGRAPHY **JASON HARTOG**

Who says families can't work together?

If running two successful local décor and art businesses – **Kathie Jordan Design** in New Hamburg and **ArtHaus150** in Kitchener – wasn't enough, the Jordan family – Kathie, John, Mackenzie and Shelbie – recently renovated an outdated and under-loved home close to downtown Kitchener together. And they survived.

The result: a top-to-bottom restoration that has preserved an old home's former glory while adding modern and desirable new features. *Continued on page 22*

FAR LEFT: Mackenzie, Shelbie, Kathie and John Jordan worked together as a family to renovate this home top to bottom and prepare it for sale. **LEFT:** Auction and garage sale finds, painted furniture and original art are all Jordan family signatures. **ABOVE:** A heavy pocket door separates the front room from the foyer, so the warmth from the fireplace can be contained. **OPPOSITE:** Built-in shelving and an electric fireplace are the focus in the front sitting room.

Purchased last September, the Jordans worked on the three-bedroom, two-and-a-half storey home for nine months before listing it for sale.

During that time, John (also a licensed electrician) updated the electrical, plus they had new plumbing fixtures installed by **Fisher Plumbing & Heating**, installed a new gas furnace, central air and updated ductwork by **Cool Houles** and replaced some of the windows (with help from **Keith Hallman Contracting**). They refinished original hardwood flooring, installed new hardwood and matched the colour where it was required, and cleaned up oak pocket doors, trim and the beautiful details the home already had, such as the transom windows above the bedroom doors.

It was a huge undertaking, but the family was up for it. In fact, this home was exactly what the Jordans had been after for their first whole-home renovation together. "It's definitely an age we like," says Mackenzie of the 105-year-old home. "The style of the house was perfect for our style of decorating."

Located in Kitchener's East Ward on a street lined with beautiful trees, the home already offered a long driveway, full front porch, rear porch and partially fenced yard with a garden shed. The interior was what needed the Jordans' help.

"We looked beyond what it was. The bones were great," says John.

The Jordans' special touch is evident at every turn in the finished product: painted furniture from ArtHaus 150 and Kathie Jordan Design, a custom stained glass window designed by Kathie and Mackenzie and constructed by Mackenzie, plus art by Shelbie, Kathie and Mackenzie.

Continued on page 25

"These stools just fit with the house," says John of the seating at the bowling-alley floor island. **OPPOSITE, TOP LEFT:** An armoire adds instant storage to an awkward space. Sliding loft doors to the powder room and mudroom space tuck in neatly behind it. **TOP RIGHT:** The Jordans took every detail into account, including scouring the province for the right wood flooring and then laboriously painting and staining it for consistency. **BOTTOM:** A small mudroom adds storage at the side entrance. The Jordans added this during their renovations as well as a main-floor powder room.

RIGHT & BELOW: The master bedroom has a private staircase leading up to this loft area, which the Jordans have imagined as a dressing room, but which could be any kind of extra private getaway. **OPPOSITE, TOP:** This painted blue tub, new flooring, new vanity and fresh fixtures completely update the bathroom. **BOTTOM:** The master bedroom is soft and pretty.

Similarly, "we did a lot of the destruction ourselves," says John. And that's just the beginning. This handy and creative family participated in every single step of the renovation process, from gutting the interior to creating the art they eventually hung on the wall – they do it all. When they needed extra help, they brought in general contractor **Brenden McNair**.

The Jordans have a real knack for finding what they need at great prices. "We're always looking to recycle and reuse," says John. They scope out Kijiji, auctions, the Habitat for Humanity ReStore and other sales. That's how they acquired everything from the tongue-and-groove pine on the ceiling in the kitchen (which John and Mackenzie installed themselves) to the chandeliers throughout the home, furniture and accessories.

For the kitchen, the Jordans found a full set of cherry cabinetry that would fit in their space – with some to spare – at an auction. They called on cabinetmaker **David Bisch** to help them fit everything into the space seamlessly. They painted everything out white to make it look cohesive. "We were able to unify the whole kitchen with paint," says Mackenzie.

They painted all of the woodwork and cabinetry with Chalk Paint by Annie Sloan, the family's preferred product for furniture, too. Their wall paint is a variety of custom colours mixed at local **Home Hardware** stores.

To top off their new kitchen island, the Jordans opted for something a bit different: wood from the lanes of a bowling alley was fitted to the top by ArtHaus150's artisan **Marko Barakoski**. Otherwise, the granite counters are from **KW Countertop**.

"Old homes are notorious for having zero storage space," says Kathie – but that doesn't mean their reno lacks storage and cabinetry. In the kitchen, a huge armoire acts as a statement pantry. It is flanked by sliding barn doors that close off the powder room and mudroom space the Jordans worked into the plan.

A sliding pocket door divides the kitchen from the main floor living room, where the Jordans installed built-in bookcases around an electric fireplace, which they purchased from **Howling Dog Home Products**. Two tub chairs flank the fireplace, one reupholstered by John and Kathie, the other by **Don's Upholstery**. *Continued on page 28*

RIGHT: Transoms over the bedroom doors all still function. **FAR RIGHT:** The Jordans are experts in painted furniture. The spare bedrooms in this home are furnished with as much care as the master. **BELOW:** A day bed and small desk make the most of a small room typical in an older home.

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Upstairs, the Jordans put their special touch on three bedrooms and a full bath. The shared washroom features a rain shower, refinished cast-iron claw foot tub and basket-weave marble flooring.

The bedrooms are soft and pretty, full of painted furniture and the Jordans' signature style and art. The master has its own staircase that leads up to a loft space, perfect for a private sitting room, dressing area or office.

Surprisingly, this home also features a finished basement space, which the Jordans transformed into a comfortable family lounge area. It connects to the laundry room, cellar and storage spaces.

"She's a quirky lady, this house," laughs Kathie. And after nine months together, she knows it well and says it's going to be tough for her to let it go to new owners, but also looks forward to her family's next project, whatever it may be. They all learned a lot through this renovation process.

"Just because we don't know how to do something doesn't mean we aren't going to do it," laughs Kathie. "We'll keep going until it's right!" **OH**

RIGHT: Kathie and Mackenzie designed and created the stained glass window in the staircase. **BELOW:** A finished basement space in an older home is a huge bonus. Here, the Jordans have created a cool and easygoing rec room.

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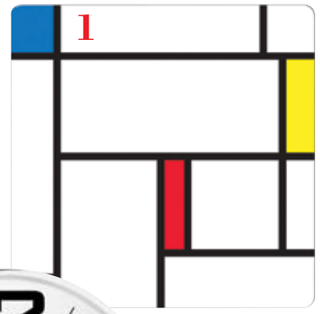

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All the PRETTY PRESENTS

STORY **ADRIENNE BROWN** | PHOTOGRAPHY **JASON HARTOG**

THE PLACE: Waterloo Region residents are familiar with The Frugal Decorator. The company, owned by Carolann Mackie, has been in business since 2006 and previously had décor and giftware shops in two different Kitchener locations, most recently at Ottawa and Charles Streets. Now, Mackie has opened the doors to **presents by tfd**, a new retail shop at The Shoe Factory on St. Leger Street in Kitchener. Having the retail store immediately beside The Frugal Decorator's design offices is the best way to serve customers, says Carolann.

Owner Carolann Mackie with Ruby

"We offer unique home décor and special giftware for all budgets and we have gift items as low as a few dollars to thousands of dollars," she says. "It is all set in a cosy environment full of charming imagery and current vignette displays." They also set the mood in their store to make the shopping experience top-notch. Grab a drink on your way in the door, dive into the décor, then have your gifts wrapped for you before you leave.

THE STYLE: Although it's always changing and evolving, the style at presents by tfd is classic eclectic. "Timeless with a twist," says Mackie. "We strive to have a selection that is truly unique but more importantly, we want to create a retail refuge, a place where customers feel very much at home and happy," she says. The Frugal Decorator team achieves that by building seasonal vignettes that change throughout the year. "We like to see new things every season and we keep it fresh, fresh, fresh," says Carolann.

WHAT'S HOT: "We are sought after for our large-scale art," says Carolann, all of which is made in Canada or the United States. Presents by tfd is also known for offering cost-effective gifts for the home.

SEASONAL: The team at The Frugal Decorator has always strived to offer the latest, greatest and most beautiful décor items and their displays and product offerings change seasonally. For fall, they are creating a bohemian Viking look – "think wildlings in *Game of Thrones*," says Carolann – as well as a 40s Hollywood glam theme. Shoppers will find lots of red and plaid in the boutique this season too.

FAVOURITES: "Right now, we are loving the media smart table lamps that have two USB ports and a plug outlet set into the marble base, very luxury hotel," says Carolann. She and her team also can't get enough of a line of diamond-filled votive holders they carry, which she calls "a perfect gift that will please almost anyone," But act fast: they sell out every year.

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STORY **ADRIENNE BROWN** | PHOTOGRAPHY **JASON HARTOG** | FLOWERS BY **HIWAY FLOWERS**

Joy Stewart (**Royal LePage Wolle Realty, Brokerage**) and **Brian Santos** (**Peak Realty Ltd., Brokerage**) definitely know their local real estate. They're on top of what's available and both have the keen ability to see past what a house is and envision what it could be. Their own home is proof of that.

This is the third home Joy has renovated and lived in. "It's definitely a passion of mine," she says. "In this home, there isn't a wall we haven't touched." *Continued on page 38*

FAR LEFT: This old Kitchener home already had an addition on the back, which offered a great open-concept kitchen footprint. The owners gutted the space and made it their own. **LEFT:** Real estate agents and homeowners Brian Santos and Joy Stewart. **ABOVE:** The eat-in kitchen with its long wall of storage and Joy's handmade dining table.

Joy and Brian had no intention of changing out this stained-glass window, which is now a feature in their intimate dining room.

RIGHT: Wainscotting and trim add interest up the stairs in the foyer, where Joy also had a specific vision for the flooring pattern. **BELOW:** Joy and Brian went dark and bold in their main-floor powder room with rich walls and metallic finishes. **BELOW RIGHT:** A nook beside the side door has been transformed to a home office space. **OPPOSITE:** In addition to the kitchen table, Joy and her father also made the darker harvest table in the dining room, which opens to the kitchen through french doors.

Joy and Brian moved into this home last March, but both were very familiar with this neighbourhood because they had both lived nearby already. It's exactly where they want to be.

The previous owner was a chef and had built an addition on the back of the house to accommodate a larger kitchen. It became the starting point for the reno. Joy and Brian ripped out the cherry cabinetry and installed fresher white and grey cabinetry and new appliances, including the must-have wine fridge. **Terra Granite** installed quartz countertops and the new backsplash.

Tall windows run along the back wall and look out to the backyard and skylights top off the slanted ceiling of the addition, so the kitchen is truly filled with natural light.

Glass doors on the wall unit behind the harvest table in the kitchen allow the couple to display their favourite dishes, gifts and collected keepsakes.

Joy and Brian opted to paint the dining room dark blue to create an intimate and cosy space for entertaining, a nice juxtaposition from the grand and bright kitchen space. A stained-glass window adds extra ambience.

Buying, selling, planning and decorating homes is where she thrives, but Joy's also very hands-on. She and her dad made both of the dining tables in the home together.

Joy and Brian both work from home a lot, so building a home office and work space into the layout was crucial. Just off the side door between the foyer and the kitchen is a little work nook.

Around the corner at the front door, Joy says she got her "dream Pinterest foyer." **Greg Renon** from **Tony's Complete Tile Contracting Ltd.** installed the patterned ceramic according to her vision. He also installed ceramic flooring at the back and side doors and redid the fireplace in the front sitting room.

Similarly, she had seen a formal living room on Pinterest she just couldn't stop thinking about – so she emulated it. Joy got every detail how she wanted it, working around the existing fireplace and french doors and created an elegant living room. Palm trees flank the fireplace, which add life to the space. They also remind Brian and Joy of the palm trees from their recent wedding at a seaside castle in Portugal. The rich blues are a nod to both Brian and Joy's roots in Portugal and Scotland. *Continued on page 42*

JOY HAD SEEN A FORMAL LIVING ROOM ON PINTEREST SHE JUST COULDN'T STOP THINKING ABOUT – SO SHE EMULATED IT.

Two soft and comfortable guest bedrooms come complete with all the necessities and then some: trays of toiletries and the WiFi password shared in a pretty frame add a welcoming touch.

Every detail has been carefully considered. "Joy is addicted to design," laughs Brian. "She can't stop!"

In addition to décor, both Joy and Brian are extremely passionate about local real estate and houses. They are drawn to older homes, such as this one from the 1930s, when they're planning their own renovations.

"I'd rather gut everything," says Joy, admitting she'd feel guilty ripping everything out of something built more recently. "Plus, it's easier to add wainscotting and other details to a home this age. If you add a lot of details it really adds to the resale value."

To help with wainscotting in the foyer, dining room and powder room, as well as with installing new trim, Joy and Brian called on **Jorge DaCosta**.

She says the biggest mistake people make in other renovations is going "too basic." Adding detailed millwork, for example, can add character in spades.

The loft master bedroom is a pleasantly open and relaxed space. It was important for Joy and Brian to include a seating area into the room. Due to their busy schedules, they say, the time they spend getting ready in the morning and unwinding at night can sometimes be the only time they spend together. This is their private retreat.

Continued on page 44

On the top floor, Joy and Brian's master bedroom is surprisingly large for the age of their home. It has enough space for a sitting area, closets and a dressing table.

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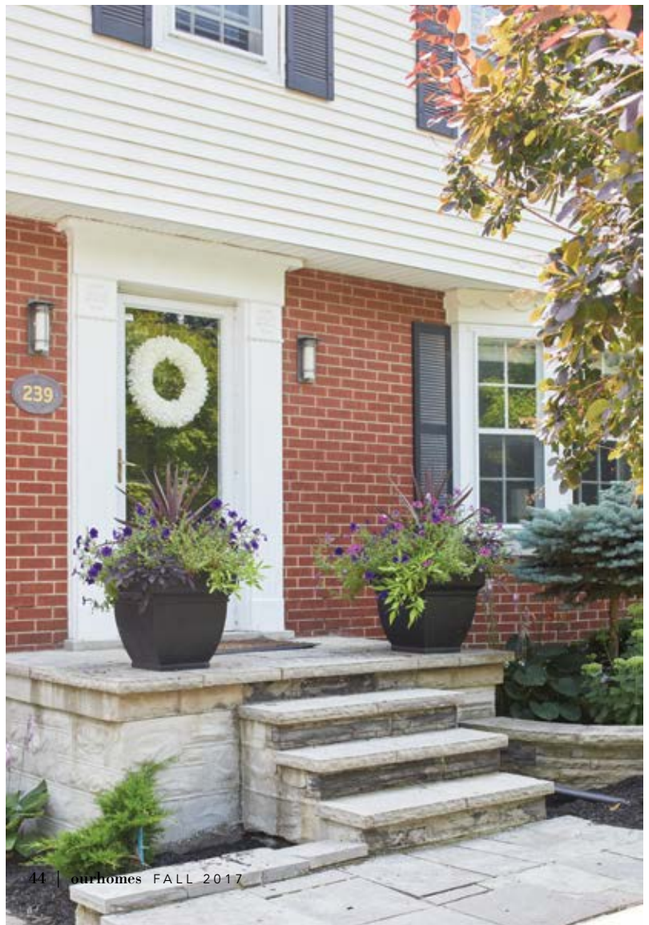

In addition to a sitting area and television, Joy also has a small dressing space, so the room is calm and comfortable but also functional for their needs.

Outside, on top of the charming curb appeal on the tree-lined street, Brian and Joy were immediately drawn to the private backyard. It extends their living space in nice weather and is a great place to entertain.

Whether you're looking for an older home to update or a house that needs a little less work, a good real estate agent will help you see past the initial picture and see the true potential of a home. Joy and Brian certainly achieved that for themselves – and they're passionate about helping their clients do the same. **OH**

TOP: This private oasis of a backyard was a selling feature for Brian and Joy.
LEFT: Lovely landscaping and pretty urns welcome guests at Joy and Brian's front door. They love to entertain.

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FEELING BLUE

5+ REASONS TO LOVE NAVY

BY YANIC SIMARD

Wondering why navy blue is such a perennial favourite? There are more reasons to love it now than ever (trust me, it will fit in perfectly with your dream 2018 colour schemes), but for now here are my top five, along with many great ways to use this true-blue hue in your own home.

TRY MIXING DIFFERING BLUE SHADES – ESPECIALLY IN RICH MATERIALS LIKE NAVY LEATHER.

Photo: Courtesy of Benjamin Moore. Wall Colour: Cobalt.

1 Navy is Versatile. Navy is a rich hue and a steadfast neutral at the same time, which makes it a savvy colour choice for those who are weary of simple grey – it will cooperate with other hues, but brings a little personality of its own. Also, while navy will never be the "new black," it is a great stand-in for pitch shades, which can sometimes feel a little harsh against the cheerful colours that are popular today, like soft pinks and leaf greens.

Try This: Use navy blue for investment pieces that you want to endure through years of colour trends, like a great sofa – it can mix with changing accent hues, so you can evolve your look over time. It's also a great colour to use tone-on-tone, so if you aren't colour-confident, feel free to partner navy with diverse blue shades for a foolproof scheme.

GRESHAM HOUSE: Shelter Sofa with Tuxedo Arm

2 Navy is Liveable. I find clients are often a little shy about using a dark colour on the walls. Some crave the dramatic look, but are scared it won't feel liveable. However, dark navy shades feel as natural as the dusk skyline, so they won't grow tiresome – just make sure to include some visual breaks with light accents like white door trim, breezy curtains, pale upholstery and art.

Try this: Whether you have a colourful palette that needs a calming hue to tie elements together, or want to add drama to a neutral palette, try a rich navy paint like Benjamin Moore's Delft from their new Century Collection, in an au courant matte finish. For a subtler, greyed-out shade, try Celestine Blue, which is a bit off-navy but brings a similar regal air.

3 Navy is Architectural. Looking for a way to accent architectural elements? Navy makes a perfect pop colour for doors, kitchen cabinets, niches or high ceilings – it calls a bit of attention to such features but lets your other accents be the true star.

Try this: Paint a cool half-wall treatment (all over or just an accent wall) up to about 54 inches, and leave the upper half white or off-white. Use this line or a bit higher as a centre point for some framed photos, to break up the look a little more. Now you've got an architectural look that retains an open and breezy eyeline, so the space feels enriched but not overwhelmed.

4 Navy is Textural. Well, to be fair, this one isn't exactly true – navy as a colour can't add any texture to a space. BUT, it is great for playing up the texture of surfaces it's used on. From polished backsplash tiles to rugged stair runners, the demure nature of navy helps bring the textures of a surface to life – especially since its murky depths will set off glossy highlights.

Try this: For a sophisticated scheme, add navy elements in interesting textures such as glossy subway tiles, velvet cushions or draperies, woolen throw blankets, lacquered bentwood chairs, sumptuous leathers, sisal carpets and expressive contemporary paintings.

WEST ELM: Rauschenberg Scoop-Back Chair

FIRECLAY TILE: Abyss Glazed Thin Brick

SURYA: Cotton Velvet Pillow in Navy

FOR A SOPHISTICATED SCHEME, ADD NAVY ELEMENTS IN INTERESTING TEXTURES.

JAIPUR LIVING: Gramercy By Kate Spade New York in Dark Navy Leopard Ikat

BLUR THE COLOUR LINES WITH AN "OFF-NAVY," LIKE THIS MYSTERIOUS PURPLE-BLUE SHADE.

Photo: Courtesy of Benjamin Moore. Wall Colour: Thistle.

5 Navy is Mysterious. It's almost 2018, why limit yourself to a strict, pure navy hue? Nebulous, space-inspired hues are huge right now – rich purple Shadow is even Benjamin Moore's current Colour of the Year – so consider using a warm off-navy indigo shade for even more inky interest.

Try this: Use a crossover blue-purple shade like Benjamin Moore's Thistle or Larkspur Seed to create a mysterious air in an intimate space (like a dining room or den), and let your guests debate whether it reminds them of blackberries or lilacs. OH

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PHOTOGRAPHY **TARA CHATTELL**

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Vessels

Wash and dry glass vessels.

Use rubber bands and painter's tape to mask off stripes on glass vessels.

Set glass vessels upside down on a protected surface in a well-ventilated area.

Apply 3 to 4 coats of metallic copper spray paint to vessels, following manufacturer directions for drying time between coats.

Allow paint to cure completely for 48 hours before removing rubber bands and tape.

Wood Base

Arrange vessels on one of the two wood planks and trace around the base of each vessel with a pencil.

Use hole saws to cut holes slightly larger than each vessel. Sand holes with a drum sander until smooth. If you have a hole saw slightly too small for your vessel, try reaming the hole with a drum sander and coarse sandpaper to enlarge it.

Sand all surfaces of both planks of wood with a palm sander or sandpaper.

On the plank with holes, apply wood glue to one side and clamp it, glue-side down, to the second plank. Use scrap wood to protect the planks while clamping with C-clamps. Allow glue to dry for 24 hours.

Remove clamps and fill the joint with wood filler. Allow to dry. Sand the edges smooth.

Place the wood base on a protected surface in a well-ventilated area and apply as many coats of gloss white spray paint as needed, following manufacturer directions, until satisfied with the look. We applied 5 coats. A light sanding between coats will help achieve a smoother finish. **OH**

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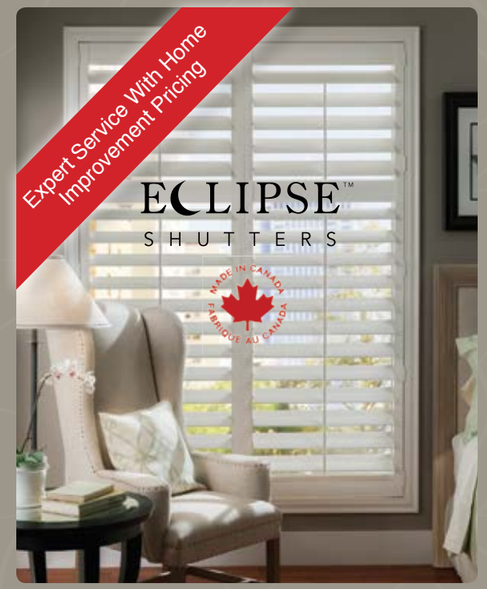

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INVESTING

STORY **MEHREEN SHAHID**
ILLUSTRATION **SHEILA BRITTON**

It's hot and it's only getting hotter. No, not the weather, the real-estate investment market. That means buying a home and renting it out. Analysts and agents alike believe real-estate investment remains a positive venture.

A growing population – and in some cases provincial legislation – are pushing people to rural municipalities to invest in real estate. There are plenty of opportunities.

"Everywhere you look, there is opportunity for investment," says Ettore Cardarelli, president of the Ontario Real Estate Association (OREA). "For anyone who wants to go that route, in my mind, it's better sooner than later."

He says continuing and past trends indicate the housing market will remain strong.

Experts agree it's generally a great idea because of market potential and a high rate of return.

According to research by the Real Estate Investment Network (REIN), flourishing markets in Ontario include Hamilton, the Tech Triangle (Kitchener, Waterloo and Cambridge), Barrie, Milton, Orillia and Scarborough.

"We take into account 12 economic fundamentals of a region, including transportation, accessibility, lifestyle, current pricing and property supply to uncover the truth about markets," says REIN President Don Campbell.

In today's market, says Campbell, it is critical that investors are patient and are only buying properties where revenues outstrip operating expenses, including the mortgage. As well, given the anticipated increase in utility prices, investors should ensure the tenant bears that cost.

Properties that are ground-oriented will have the highest rate of increase in value and demand over the next five years, he says. Condos will also do well, but without an associated increase in land costs, the actual values will not go up much.

Adding to that, Hamilton-based real estate agent Erwin Szeto says, "One pragmatic recommendation I would give is to purchase a property with an accessory suite or with a legal basement apartment. If one has an aggressive savings plan, live in the unit that rents for less. Or, if you live near a post-secondary school, rent out rooms to students." In Ontario, those investment opportunities can be found in Windsor, London, Guelph, Owen Sound, York Region, Toronto, Oakville-Burlington-Mississauga, Peterborough, Ottawa and Niagara Falls.

Another option, he says, includes investing strategically by charging above-market rent and giving the tenant the option to purchase the investment property at a set future price.

But it's not just Ontario that's lucrative for real-estate investment.

REIN also lists Victoria and New Westminster in British Columbia, and Edmonton and Calgary in Alberta as places to invest.

"In B.C., when the government stepped in a year ago, foreign buyers decided they will avoid the tax and buy outside the cities," says Campbell. "Our government (in Ontario) has done the same thing. They put in a foreign tax, but only in the Greater Toronto and Golden Horseshoe areas. It won't take long for people to realize it's okay for them to go to Woodstock or Orillia or further out, because the tax doesn't apply there."

Whether you invest in commercial or residential properties, mind the basics of the business, says Shannon Murree, a Barrie-based Re/Max Chay Realty sales representative. "You really need to know what your goals are, your risk tolerance, your investment capacity and how much time you have to invest," she says.

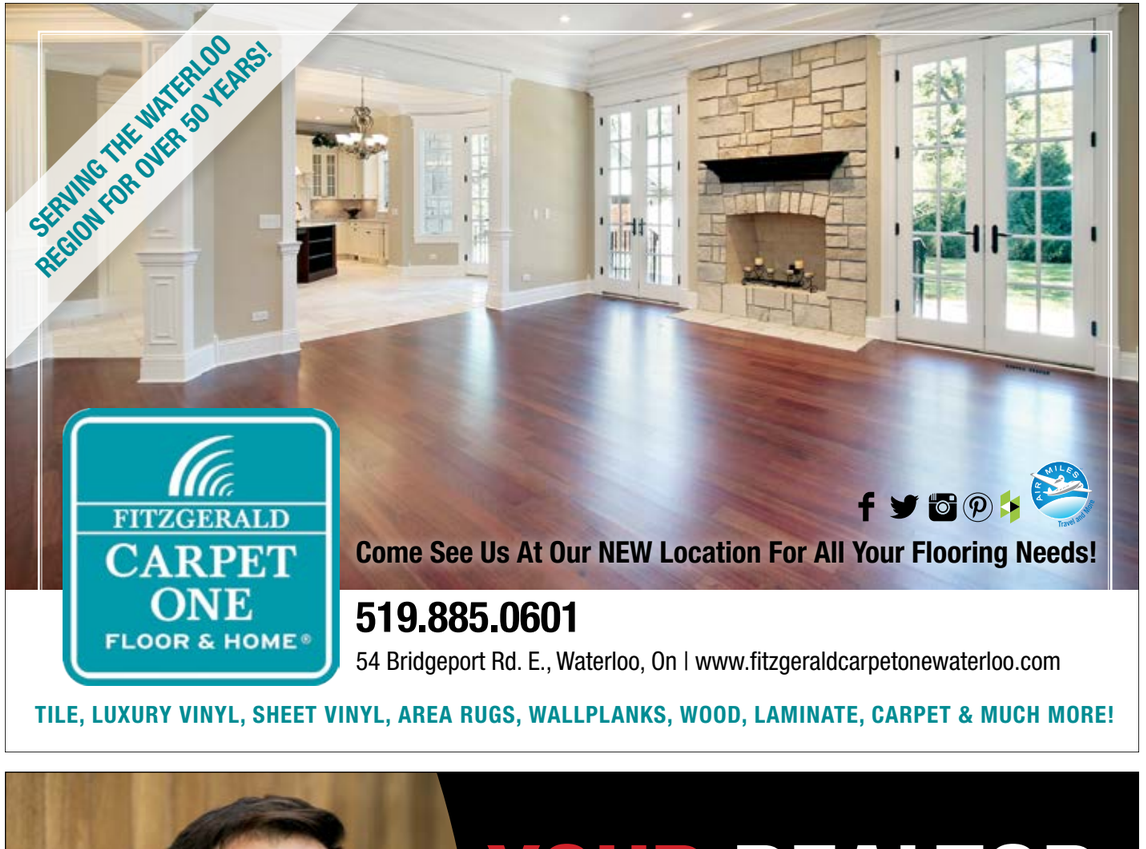
And don't look at it as a quick get-rich scheme, think of it as a slow and steady, long-term strategy.

Remember not to buy with emotion, but to do an in-depth analysis of the market.

Look at trends published in studies done by investment networks and heed advice given by experts in the field, such as realtors with an expertise in investment, property managers, accountants and real-estate lawyers, says Murree.

A good way of going about determining potential in a market, she advises, is to educate oneself and to learn details of the fundamental economic factors in the area, such as jobs, rate of development, incoming new investments and numbers around population growth and other factors for a comprehensive and useful analysis.

And remember, Murree says, to "learn from others who have achieved success and truly walk-the-walk and talk-the-talk." **OH**



MEET and GREET

PHOTOGRAPHY **JASON HARTOG**

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Why do you think fresh flowers are such a powerful element of décor? Flowers make any room even more beautiful when you use them as décor in your home, event or wedding. Be creative! Flowers don't have to be just on tables or in a vase. Try different or multiple containers or vases, use garlands, attach vases to the wall or mix in fruit like apples or pieces of lemon for fall. Fresh flowers add beauty, life and colour to any room. Some will also disperse a very pleasant aroma.

What are your favourite flowers for fall arrangements? My favourite fall flowers are dahlias. But I also enjoy sunflowers, they are so bright and cheery!

MARK NYKAMP, *OWNER*, IRIS DORADEA, DAN TAYLOR & DEL MAWDSLEY

Nykamp Home Hardware Building Centre, Cambridge

Tell us about your business: Nykamp Home Hardware Building Centre is a full service home improvement store conveniently located in the south end of Cambridge. We have recently renovated our store and offer everything you may need for your home improvement project; from basic repairs to constructing your dream home.

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Continued on page 54

PHOTO: NESO BASARA

ADAM CORRIVEAU, JOSH AMENT & PETER SELLORS

Greensville Soapstone Company

Tell us about your company: Our family-owned and operated business started out with a passion for soapstone. We have a strong focus on quality and craftsmanship, and work exclusively with soapstone, which sets us apart from other stone fabricators. Located in Burlington and opening soon in Port Hope, we custom fabricate and install across all of Ontario and Quebec, and ship across Canada. Greensville Soapstone Company offers the largest inventory and soapstone slab selection.

Why are soapstone counters a great choice for any style of home? Natural and non-porous, soapstone is resistant to stains and bacteria. Its soft, honed finish gives this stone a timeless elegance and beauty unlike any other, with a unique texture that feels like a bar of soap.

Where else can soapstone be used? Soapstone countertops and sinks are an excellent choice for your kitchen, bathroom or laundry. Because soapstone does not react to temperature, it is also an excellent choice for fireplaces and outdoor kitchens. **OH**

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LETTING YOUR GARDEN STAND TALL

STORY AND PHOTOGRAPHY
MELANIE REKOLA

Aesthetic, environmental or functional, there are many reasons to let your garden stand tall this fall.

Instead of sanitizing the garden with a complete cut-back and clean-out, let's celebrate architectural value and those subtle hues of decay. Slow down and really look around to appreciate the understated allure in the many sumptuous shades of brown, gold and tan.

For many of us the garden season seems to end in September, but it really doesn't have to. Autumn's beauty is in more than colour-changing tree leaves, and winter's elegance is in more than just the evergreens. The time is now to consider creating fall and winter interest in your garden.

GRASSES

Grasses are likely the first plant that comes to mind when considering fall and winter. Their feathery or dotted plumage is divine and a lot of colour pop can also be found in their fluffy foliage, even after the freeze. By varying your grass selections you will be rewarded with warm winter browns, golden tans and hints of copper. A few of my favourite grass plants for fall colour are Big Bluestem (Andropogon gerardii), Little Bluestem (Schizachyrium scoparium), Switchgrass (Panicum virgatum), Northern Sea Oat (Chasmanthium latifolium) and Maiden Grass "Ghana" (Miscanthus sinensis Ghana).

LASTING LEAVES

Many plants retain their dead foliage throughout fall and winter. Just as grasses do, other common garden perennials (such as the common Peony) sport varied shades of golden yellow and red-bronze. A characteristic known as marcescence, some deciduous trees (such as Beech and Oak) even retain their leaves all winter long. In the dead of winter when almost all deciduous trees are skeletonized, the coppery leaves of Beech are still clinging to their branches – a joyful sight to see.

SEED HEADS

Seed heads add drama and contrast. Their often very dark brown and spikey kernels can appear jet black. I find this makes one take notice and appreciate all the exciting diversity of shape and texture provided by the natural world. When large perennials are left to stand with their sturdy stalks and branches, architectural interest is achieved. Giant Coneflower (Rudbeckia maxima), large Sedum varieties and Globe Thistle (Echinops bannaticus) top the list for plants with beautiful seed production. Seed heads left to ripen also provide a food source for many birds and other forms of wildlife.

WILDLIFE

Leaving perennials to stand welcomes all kinds of exciting creatures. And a garden teeming with life adds a whole new dimension to its otherwise static state. Ground birds, such as the Mourning Dove, appreciate a refuge of thick cover. Furthermore, many beneficial insects, frogs and other wildlife hibernate in leaf litter so don't rake them out. Some of our native solitary bee species overwinter in hollow plant stems, so don't cut them down. You just might be "throwing out the baby with the bathwater," so it is said.

GARDEN HEALTH

More than just for aesthetics, leaving perennials to stand actually improves a garden's health. Standing plants accumulate extra snow, which in turn insulates their roots during cold winter temperatures. When that snow melts it also adds extra moisture to the surrounding soil. Plus, the decaying leaves feed soil microbes, making for a healthier soil ecosystem on the whole. Exposure to a certain soil bacteria will make you healthier too. Mycobacterium vaccae acts as a natural antidepressant, activating brain cells that improve mood, increase serotonin levels, reduce anxiety and facilitate learning.

PHOTO: JANELLE STREED

Perfect for the low maintenance gardener, by waiting to cut back your garden until springtime you can cross this chore off the fall to-do list. Then in wintertime, instead of a desolate, lifeless garden cut to the ground, you will enjoy exquisite frosty mornings where every leaf, stem and seed head is encircled with sparkling snow. You'll be captivated by the variance in heights, textures and forms. You may even see a blood-red cardinal pecking at your spent Black-Eyed Susan flowers. After seeing such a sight, can you imagine being without it? Leaving your landscape alone this autumn is really a win/win/win situation for the garden, the environment and you. **OH**

Melanie is a certified horticulturalist and landscape designer.

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Sweet Dreams

DESIGNER JO ALCORN TURNS A DRAB BEDROOM INTO A DREAMY SPACE.

STORY **JO ALCORN**
PHOTOGRAPHY **JASON HARTOG**

A wall treatment using great trim products from Metrie adds interest and dimension.

ALWAYS MAKE YOUR BEDROOM A PRIORITY. IT'S THE FIRST THING YOU SEE IN THE MORNING, AND THE LAST ROOM YOU CURL UP IN AT NIGHT. MAKE IT A PLACE THAT BRINGS YOU JOY.

While there was nothing wrong functionally with this bedroom, it really lacked inspiration, detail and personality. My goal was to fill up this large space with items that brought it to life, and add detailing that would make it a show stopper in this home.

To start, I always recommend a colour that you love; choose one that gives you a serene, relaxing feel and that speaks to you personally. The walls in this space are painted Wickham Gray by Benjamin Moore. It is the base that started to bring this room to life.

The most common request when working on a bedroom remodel is to create a serene, relaxing atmosphere. A fireplace is the perfect addition to a bedroom setting, but wood is messy and gas is expensive to install. A great option is an electric unit. They are easy to install and extremely affordable. This unit is a Dimplex unit.

A custom build-up was created for the mantel using products that match the existing crown moulding. Artwork and accessories pull it all together.

The curtains add a pop of colour.

Now to dress the bed. This is where you can have some serious fun with patterns, colour and texture. We started with crisp white sheets, pillows and pillow cases and topped it off with a subtle duvet cover. I used pillows from the Jo Alcorn Collection to incorporate the exact texture and finishing touches that are perfect for this room.

Adding this bench from Bouclair to the end of the bed provides the perfect place to pile the decorative pillows and throw at night when turning in.

The side tables are all white and topped with elegant lamps with a touch of gold.

The headboard and bed are from the Jo Alcorn Collection. OH

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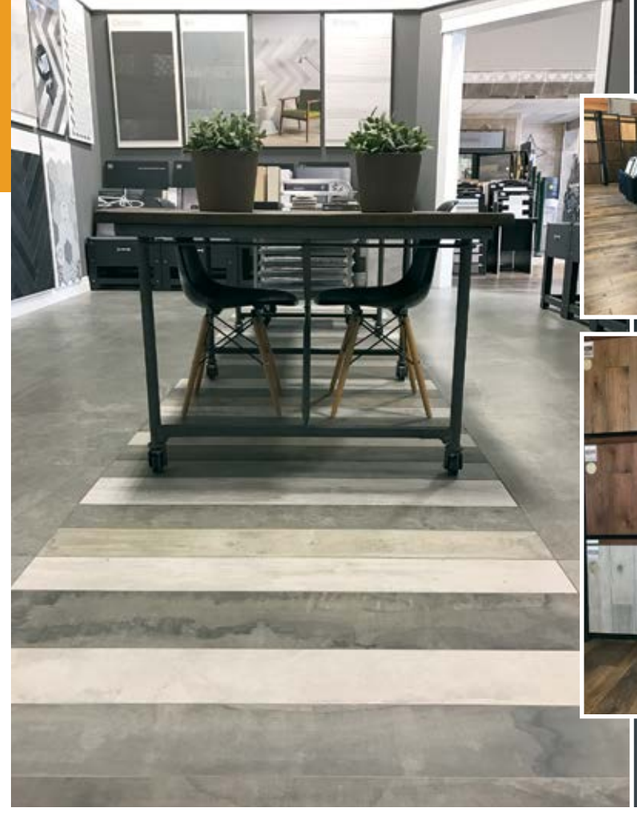

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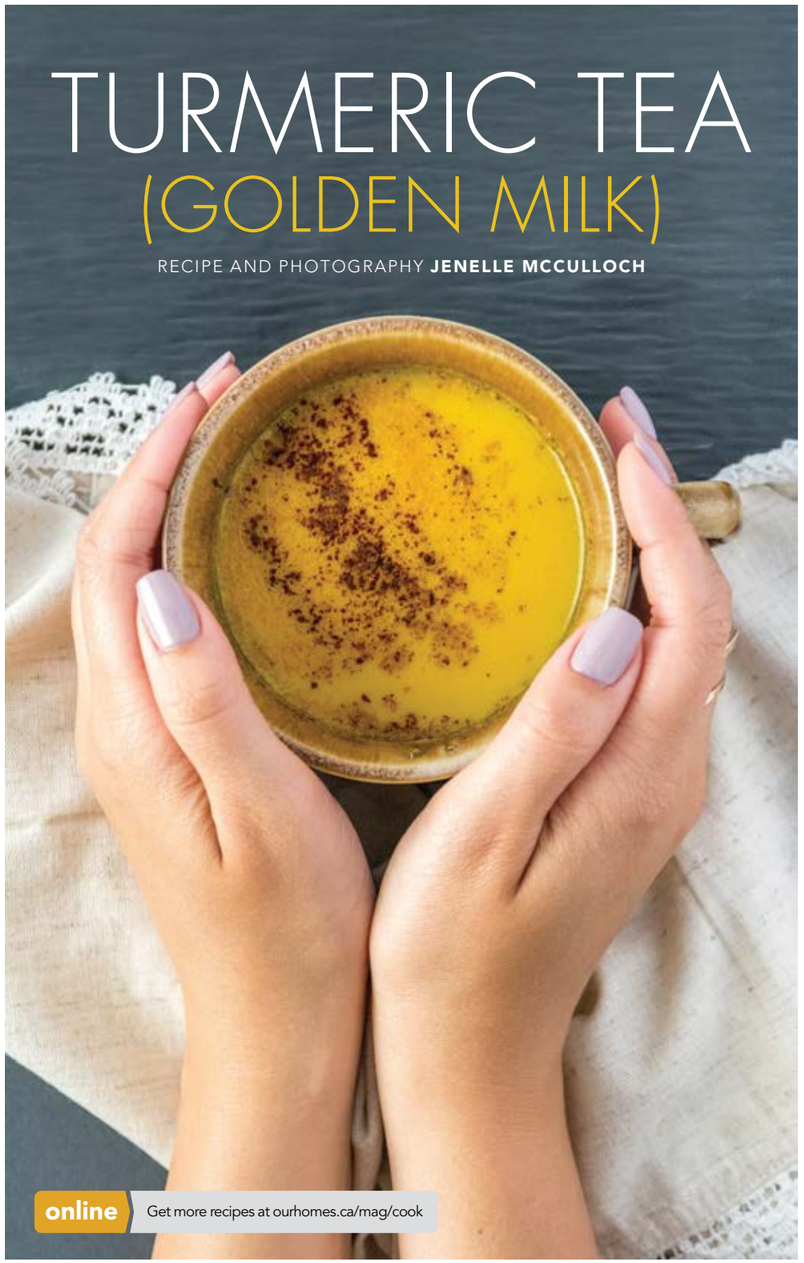
TURMERIC TEA (GOLDEN MILK)

RECIPE AND PHOTOGRAPHY **JENELLE MCCULLOCH**



Coined the most powerful herb, turmeric is being praised for its numerous health benefits, including powerful anti-inflammatory and antioxidant properties. Try this tea for an easy way to incorporate turmeric into your daily routine.

This method begins with making a golden paste, which can then be incorporated into a variety of recipes.

GOLDEN PASTE

1 cup filtered water

½ cup turmeric: use a high-quality turmeric powder

1 tsp ground black pepper: The addition of black pepper increases the bioavailability and absorption of curcumin (the good stuff found in turmeric).

⅓ cup of a good fat: I use coconut oil, but ghee is also recommended.

- In a saucepan, combine water and turmeric over medium heat. Be careful not to overheat, as the antioxidant properties of turmeric increase with a gentle heat.
- Cook the mixture for 6-10 minutes, adding more water if it appears too dry.
- Remove from heat and stir in ground black pepper and coconut oil.
- Keep this paste in the fridge for 1-2 weeks. Golden paste is excellent to blend into smoothies, add to soups, rice dishes or for warming in turmeric tea!

TURMERIC TEA

1 tsp golden paste

2 cups coconut milk (or another non-dairy variety)

Maple syrup, to taste (optional)

Pinch of cinnamon or cayenne (optional)

- Combine milk, golden paste and maple syrup in a saucepan and heat gently (do not boil).
- Pour into mug, sprinkle with cinnamon or cayenne and enjoy! OH

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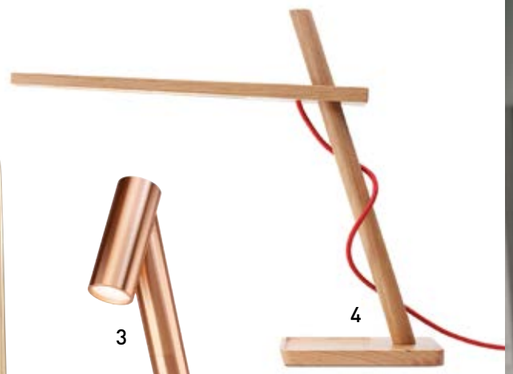
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