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**ON THE COVER**  
Space Designed by  
Karin Bohne of Moeski  
Designs

Photography by  
Amanda Oster

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## *what's happening online*



Photo Courtesy of Larry Arnal

### *your holiday planner*

#### **12 Days of Christmas Giving**

November 3-14: Fabulous gift ideas, contests, giveaways and more.

#### **Holiday Décor Guide**

November 17-28: Designer holiday décor inspiration and DIY ideas.

#### **The Party Planner**

December 1-12: Everything you need to entertain this holiday season.

#### **Stress-Free Holiday**

December 15-19: Quick and easy last minute décor, recipes and gifts.

### *expert bloggers*

Design, fashion, beauty and recipe blogs from top Canadian professionals will keep you up-to-date on the latest trends, product finds and ideas for you and your home!

#### **Design Bloggers**

Glen Peloso, Jo Alcorn, Nicholas Rocasi, Evelyn Eshun, Paul Semkuley, Michelle Cook, Eileen Marshall, Kim Bartley, Rhonda Thornton, Luc Crawford, Crystal Shore and many more!

#### **Family, Fashion and Recipe Bloggers**

Janine Goodman, Mandy MacLaren, Elizabeth Crawford, Naomi Adams, Kelli Miller, Lekan Tijani and many more!

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## 'TIS THE SEASON TO *renovate and decorate!*

The countdown is on, the holidays are on their way! In light of the upcoming festivities, stores are dedicating shelves to décor and dinnerware all themed around this time of the year. It's an exciting time, the ending of a great year, and the start of a wonderful new beginning.

With this change of season comes an underlying sense of anxiety. We ask ourselves as we're wiping the surface of our outdated

counter top, "What are people going to think of this outdated kitchen?" I have family and friends flying in for the holidays and they'll remember that I told them that I was going to fix up the kitchen last spring. Then the anxiety continues as we realize that time is of the essence as we have very little time to get everything done before the holidays!

This was very much my anxiety last year during our kitchen remodel. It was a race against the clock as Mandy and I got ready for our annual Atiyolil Holiday Bash. We were attempting to finish the remodel and plan our party. It was chaos in the making!

This year, our guest list is up to 96 people! Yes, that's not a typo, it's quite the event. We hand-wrap party favours for every guest, prepare games, create a karaoke station, a photo booth, serve wine to all, and have more food than anyone can possibly consume! This year, my always optimistic Mandy wanted to add horse-drawn sleigh rides for guests and I looked at her and said, "Sweetheart, we're already doubling our guest list, adding live music and some sort of entertainment for the evening with a special appearance from Santa - That's plenty ambitious for this year!"

Did I mention that we're also hosting the Atiyolil family gathering at our home as well? Massimo's delicious recipes that he prepared for the Marc and Mandy Show will come in handy - simple and delicious is my motto in the kitchen! There's a lot of planning and running around that will happen in the following weeks. Although our kitchen is only a year old, I'm sure I will be tweaking it to add a few accessories here and there. When it comes to holiday décor, I'll be taking inspiration from Tobi Fairley and using more fresh fruit in my holiday décor. Love her organic look for the holidays!

As for Santa, all I want for the holidays (other than a Vitamix S30, of course) is a day at home, with no email or phone, in my pajamas cuddled up with my lovely wife and puppy, Nicki.

Happy Holidays from all of us at Canadian Home Trends Magazine!

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Glen Peloso

**NATIONAL DESIGN EDITOR  
FOR CANADIAN HOME  
TRENDS**

Peloso Alexander Interiors  
[www.pelosoalexander.com](http://www.pelosoalexander.com)

**“A random skill I  
would like to learn  
would be to fly a  
hang glider!”**



Jane Lockhart

Jane Lockhart Interior Design  
[www.janelockhart.com](http://www.janelockhart.com)

**“The first thing I  
notice about people  
is their smile and  
mannerisms”**



Nicholas Rosaci

**DIY EDITOR FOR CANADIAN HOME TRENDS**

Nicholas Rosaci Interiors  
[www.rosaci.com](http://www.rosaci.com)

**“If I would win the lottery, I  
would buy back my grandparents’  
old home. It was a magical place that  
I miss very much!”**



Massimo Capra

**CANADIAN HOME TRENDS’ FOOD EDITOR**

Mistura, Boccone Trattoria Veloce and Boccone Pronto  
[www.massimocapra.com](http://www.massimocapra.com)

**“Most people don’t know how exciting it  
is for me to visit food markets...of any kind!”**



Jo Alcorn

**STYLE EDITOR FOR  
CANADIAN HOME TRENDS**

Whitewash & Co.  
[www.whitewashco.ca](http://www.whitewashco.ca)

**“My biggest pet  
peeve in design is  
fake plants.”**



Kim Bartley

Kim Bartley Design  
[www.kimbartleydesign.com](http://www.kimbartleydesign.com)

**“One of the ugliest spaces I ever saw was a  
very bad throwback to an 80s rec room. It had the  
worst green shag carpet paired with orange, ultra  
suede furniture. The colour combination actually  
made me feel nauseous!”**

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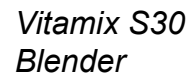
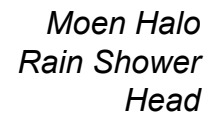
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# Our Contributors

continued...



Jack Lochhead

Bassett  
[www.bassettfurniture.com](http://www.bassettfurniture.com)

**"The person I most look up to is Jackie O for her sense of style and design."**



Jackie Glass

Jacqueline Glass and Associates  
[www.jglassandassociates.com](http://www.jglassandassociates.com)

**"If my life story would be turned into a movie, I would love it if actress Jennifer Garner would play me."**



Meghan Carter

Meghan Carter Design Inc.  
[www.meghancarterdesign.com](http://www.meghancarterdesign.com)

**"If I was stranded on a desert island I would want to have Rohinton Mistry's *A Fine Balance*, the book. *Gone with the Wind*, the movie and if I had to pick just one person to be stuck with, I think I'd go with my sister."**



Christine Rae

CSP International  
[www.stagingtraining.com](http://www.stagingtraining.com)

**"A job I would like to try would involve spending the day with George Clooney."**

Evelyn Eshun

Evelyn Eshun Interior Design  
[www.evelyneshun.com](http://www.evelyneshun.com)

**"When I was younger, I wanted to be a designer but I secretly dreamed of being an equestrian."**



*"Style is a way to say who you are without having to speak." - Rachel Zoe*



Christina Marziffi

Decor-Rest Furniture  
[www.decor-rest.com](http://www.decor-rest.com)

**"If I were to write a book, it would be 'Designing for the Heart' and would prove that great design doesn't have to cost a lot of money."**

Luc Crawford

Luc Crawford Design Inc.  
[www.luccrawford.com](http://www.luccrawford.com)

**"My favourite room in my home is definitely my living room."**



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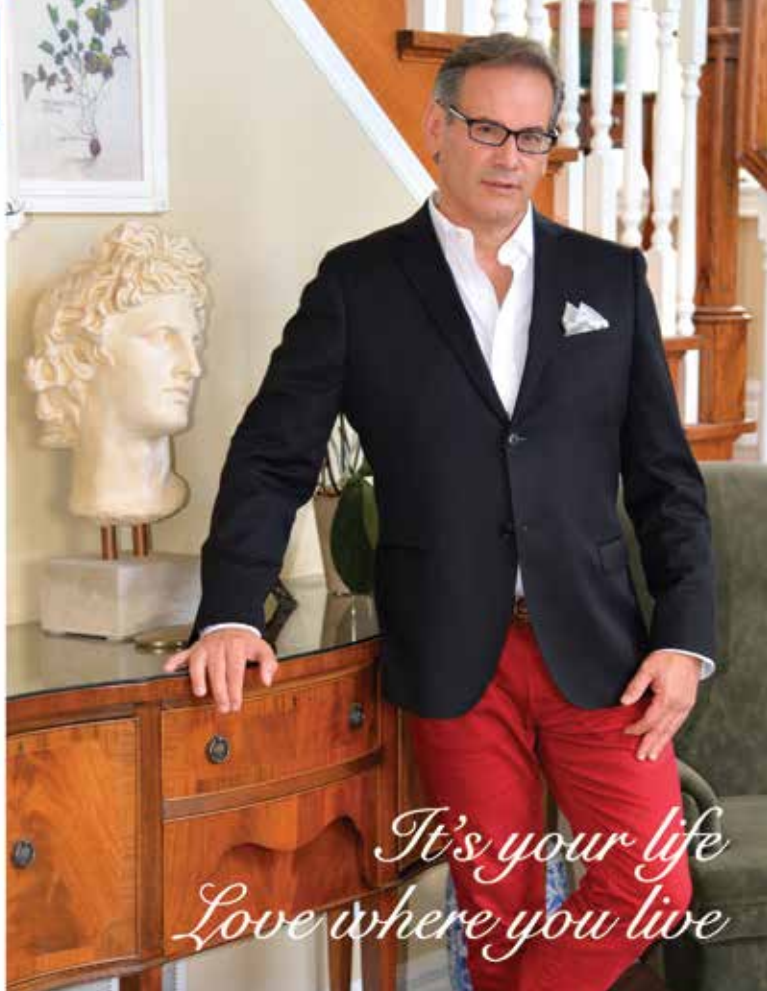
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*Staged to  
Sell with  
Christine Rae*

### Sell your home fast with these kitchen updates

#### FUNCTION

It has to work well. Have a good triangle and install an island, even an inexpensive mobile one is better than not having any. Replace shelves in bottom cupboards with drawers and/or roll-out trays for easy access.

#### CUPBOARDS

Make them fresh and functional. If the boxes and doors are in good shape, painting them white is an inexpensive upgrade.

#### BACKSPLASH

Install new tiles or upgrade your existing back splash. Keep it timeless and classic with neutral colours; white subway tile in a herringbone pattern is fresh and edgy.

#### LIGHTING

Layers of light are always important in kitchens. Good general illumination, task lighting and mood lighting are appealing. Glam fixtures are still resonating with buyers. Placing those fixtures over islands or where they can be viewed from multiple spaces really elevates the kitchen and adds a bit of grandness to the room.

#### FLOORING

Functionality leads the way - there are some great vinyls which look like real wood. It is more practical for kids, dogs and family wear and tear. The price point is great for resale.

*Ask Yourself...*

*Declutter your kitchen by asking yourself, "When have I used this item last?" If it's anything more than a month, get rid of it!"*



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Text Jo Alcorn

Home Trends' Style Editor shares her favourite finds...



VERO Two Handle Widespread Lavatory Faucet, Delta Faucet, [www.deltafaucet.ca](http://www.deltafaucet.ca)

**A TOUCH OF GOLD** Sleek bathroom fixtures are the jewels of a bathroom! Gold is back in style, so show off your bling!



Brown Bath Accessories Set, Bouclair, [www.bouclair.com](http://www.bouclair.com)

**WOOD ACCESSORIES** are a growing trend in bathroom designs.



Brown Bath Accessories Set, Bouclair, [www.bouclair.com](http://www.bouclair.com)

## SHOWER CURTAIN

Big bold patterns are hot when displayed on shower curtains.



Silhouette Collection in White Chocolate, Lowe's, [www.lowes.ca](http://www.lowes.ca)

**IT'S MAGIC** Interesting storage solutions that are delicate and sharp looking are on trend. Floating vanities are another hot commodity.



## LET IT ALL HANG OUT

A freestanding towel rack, such as this one, is a conversational art piece in a bathroom.

Modern Two-Tone Towel Rack, West Elm, [www.westelm.com](http://www.westelm.com)



## Best Bang for your buck

Real Estate expert Joe Mancuso explains how a kitchen or bathroom reno can increase the value of your home.

For most people, their home is their crowning achievement. It is often the largest investment they make in their lifetime.

I've compiled this list to help you decide how to tackle the six most popular renovation areas each having their own return on investment or recoupment value.

This shows the range of what you can reasonably expect to add to the value of your home for the hard-earned dollars and creative sweat you put into your renovation project.

### Investment #1

Bathroom Renovation  
**Return on Investment**  
75 to 100%

### Investment #2

Kitchen Renovation  
**Return on Investment**  
75 to 100%

### Investment #3

Exterior or Interior Paint  
**Return on Investment**  
50 to 100%

### Investment #4

Window/Door Replacement  
**Return on Investment**  
50 to 75%

### Investment #5

Rec Room Project  
**Return on Investment**  
50 to 75%

### Investment #6

Basement Renovation  
**Return on Investment**  
50 to 75%

Sources: Renova/Appraisal Institute Of Canada, Canadian Home Builders' Assoc., Genworth Canada

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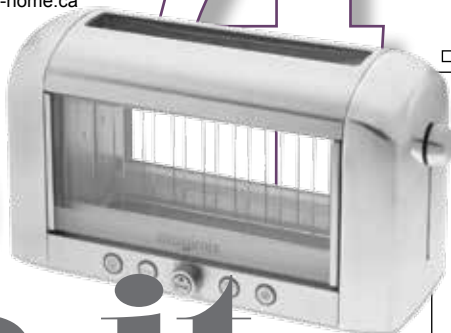
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*Designer Jackie Glass shares her favourite products that are sure to keep your kitchen design on trend.*

### 1. Shun Fuji 6" Chef's Knife with Stand

The best and most used tool in my kitchen is my high-quality chef's knife. The Shun Fuji six-inch chef's knife with stand, is as beautiful as it is useful for any self-respecting home chef. Buy it once for life!

### 2. Abbott Zinc-Top Island

The portable, multi-purpose Abbott zinc-top island can be used for food prep, serving meals, as a bar cart, or baking centre. With all its storage, a durable surface and wheels for easy portability, it's the perfect addition to any kitchen!

### 3. Breville Hemisphere Pro

To get my busy day started with a high-energy juice drink, my Breville Juice Fountain Plus is always ready on my kitchen counter. It packs a punch at 30% more juice and 40% more vitamins than other juicers and is lightning quick and simple to clean. I can make one for the whole family before heading out the door!

### 4. Magimix by Robot-Coupe Vision Toaster

From making my crostini to toasting bagels and making my son's favourite bacon & tomato sandwiches, the toaster in my kitchen has to be durable. I love the speed, extra-wide slots, defrost setting and its stunning good looks!

### 5. Bosch Speed Microwave Oven

On my wish list, the new flush-install, built-in Bosch Speed Microwave Oven pairs the qualities of a conventional oven with the speed of microwave technology. I'm all for faster and easier! - Text by Jackie Glass

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[www.Breville.ca](http://www.Breville.ca)



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Pottery Barn,  
[www.Potterybarn.ca](http://www.Potterybarn.ca)

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Shun Fuji 6"  
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Stand, Williams  
Sonoma, [www.Williams-sonoma.ca](http://www.Williams-sonoma.ca)



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## [u]nion

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# Why didn't I think of that for my kitchen?!

We've put together our favourite kitchen finds to help make this area of your home more functional.



## ◀ Bar sliders

Rethink a traditional bar area and display your glassware and wine in a top cupboard and your liquor in an easy to reach drawer. There is no need to move bottles around to find your forty year old scotch; simply pull out the drawer and grab the right bottle every time.

Designed by Kayron Brewer, [www.studio-k-b.com](http://www.studio-k-b.com); Photography by Drew Rice, [www.redpantsstudio.com](http://www.redpantsstudio.com); Cabinets by Showplace Wood Products, [www.showplacewood.com](http://www.showplacewood.com)



## The perfect hideaway ▲

Remove counter clutter by installing a power bar in a drawer to store a laptop or cell phones. We love this slim drawer and power bar combination by Linda Burnside of LGB Interiors.

Space designed by LGB interiors, [www.lgbinteriors.com](http://www.lgbinteriors.com).

## Hidden workstation ►

When designing a kitchen island, consider functionality vs. style. A large kitchen island always looks grand! Why not take advantage of the extra space and add a cubby hole to tuck away a stool, so that the island can double as a work station?

Space designed by Leah Talanian, [www.LDesignInteriors.com](http://www.LDesignInteriors.com); Photo by Sean Costello, [www.seancostellophoto.com](http://www.seancostellophoto.com);



## ◀ Put a lid on it

Are you tired of looking for the right lid that goes with the pot you are using? We have a great solution to avoid this time-consuming search for the perfect-sized lid. Simply install a lid drawer in your pots and pans drawer, such as this one designed by Paragon Kitchens.

Design by Paragon Kitchens, [www.paragonkitchens.com](http://www.paragonkitchens.com);



## ◀ A secret spice rack

Maximize every square inch of your cabinets with the addition of a spice rack mounted on the inside of a cabinet door. Place this rack in a cabinet in proximity to your prep area or stove-top for a convenient and efficient work flow.

Design by Roundhouse designs, [www.roundhousedesign.com](http://www.roundhousedesign.com)

## THE CREATIVE POOL

Get inspired by these innovative kitchen ideas.



Smell the fresh herbs in your kitchen with this fantastic looking, vertical, herb garden found in this space designed by Portico Design Group, [www.porticodesign.com](http://www.porticodesign.com)



Roll out your cleaning supplies with an uber functional pull-out drawer that makes reaching even the toughest cleaning supplies a breeze. Space designed by Design Set Match, [www.DesignSetMatch.com](http://www.DesignSetMatch.com)

Photo by Craig Cozzitorti, [www.pixrman.com](http://www.pixrman.com)



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# one

## tasteful Love

Designer Jane Lockhart shows us a kitchen that has usability for everyone in the house, accommodating for entertaining guests, and counter-space ready for spreads of homework and crafts.

Photography Brandon Barré



Space Designed by Jane Lockhart, [www.janelockhart.com](http://www.janelockhart.com); Photography, Brandon Barré, [www.brandonbarre.com](http://www.brandonbarre.com)



Jane Lockhart

**Canadian Home Trends** What is your favourite design element in this kitchen?

**Jane Lockhart** Its height, which makes it a very dramatic space.

**CHT** Why did you decide to use two different counter tops within the space?

**JL** It looks more custom and allows the homeowner to have two, different looks.

The island is granite; the back counter top is quartz; allowing the homeowner to have two different types of work surfaces.

**CHT** What is your favourite material to use in a kitchen?

**JL** Granite, but I also love the bleached blonde hardwood, which we have not seen in a long time. It looks modern when combined with the dark brown.

**CHT** Can you offer words of wisdom to readers looking to re-design their kitchen this fall?

**JL** Hire a professional! Kitchen design is more complex than it ever used to be with so many appliances and details that you have to know. Pick your appliances first, then cabinetry. Also, understand your budget.

**CHT** Describe your design style in a few words.

**JL** Clean and modern with a nod to transitional styling.





## A STATEMENT PIECE FOR YOUR BATHROOM.

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# two

## timeless *Beauty*

Designer Meghan Carter showcases a classic and timeless kitchen for the everyday homeowner.

Photography Leslie Goodwin



Meghan Carter

**Canadian Home Trends** What is your favourite design element in this kitchen?

**Meghan Carter** I love the art shelves next to the window. We designed these to use the shallow depth without blocking light from the window. A great spot to display favourite cookbooks or some special pieces of art.

**CHT** What is the most common mistake people make when designing a kitchen with white cabinetry?

**MC** White cabinetry is classic and timeless so it's hard to make a mistake specific to that colour choice. With that being said, there are some common mistakes in kitchen design. One of my pet peeves are cabinets that stop short of the ceiling. In smaller urban houses, this just feels like wasted space and a dust collector. I also think it's a mistake to position a sink or cook-top in a configuration that robs it of counter space on both sides. Doing so, cuts your work space in half, so even having as little as 15" makes a difference. If you're going white with your cabinets, don't be afraid to be bold in your

cabinet hardware selection. It's a great way to bring some personality into a neutral kitchen and easy to swap out in a few years if you want a change. Cabinet hardware should be thought of as jewelry – that finishing touch that makes the outfit.

**CHT** If you could describe this kitchen in a few words, what would they be?

**MC** Beautiful. Functional. Kid-friendly. Flexible. Timeless.

**Space Designed by** Meghan Carter Design Inc., [www.meghancarterdesign.com](http://www.meghancarterdesign.com);  
**Cabinetry Design,** Meghan Carter Design Inc., [www.meghancarterdesign.com](http://www.meghancarterdesign.com);  
**Cabinet Manufactured,** Irpinia Kitchens, [www.irpinia.com](http://www.irpinia.com); **Kitchen Rad Cover and Floating Shelves**

**Manufactured,** Meghan Carter Design Inc., [www.meghancarterdesign.com](http://www.meghancarterdesign.com);  
**Counter tops,** Caesarstone 2141 Blizzard; **Dining Room Cabinets,** Carrara marble; **Backsplash,** Saltillo Tiles, [www.saltillo-tiles.com](http://www.saltillo-tiles.com); **Plumbing,** Roman Bath, [www.romanbathcentre.com](http://www.romanbathcentre.com);

**Island Stools AND Dining Table,** Crate & Barrel, [www.crateandbarrel.com](http://www.crateandbarrel.com); **Dining Chairs and Bench pillows,** Meghan Carter Design Inc., [www.meghancarterdesign.com](http://www.meghancarterdesign.com); **Wallpaper,** Primavera, [www.primavera.ca](http://www.primavera.ca); **Sconces,** Union Lighting, [www.unionlightingandfurnishings.com](http://www.unionlightingandfurnishings.com)



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# three

## natural *Elegance*

This charming kitchen, owned by Jackie Glass and Associates' lead Designer, Pia Hugglestone has a natural flow that's critical to any kitchen.

**Photography** Paul Chmielowiec



Jacqueline Glass

**Canadian Home Trends** Where did your inspiration come from for this design concept?

**Jackie Glass** The design inspiration came from Pia and her family's love for entertaining. She wanted to create an inviting and bright space that would comfortably accommodate her family

and friends when entertaining and have a subtle, formal aesthetic.

**CHT** How would you go about styling this kitchen for the holidays?

**JG** I'd add even more white in this white kitchen at Christmas. Luxe, white, faux fur cushions, several white amaryllis in white glazed ceramic pots, and white china with touches of cut glass and silver for instant glam and gorgeous seasonal sophistication.

**CHT** What is the most common mistake homeowners make when painting their kitchen cabinetry white?

**JG** Thinking that it doesn't show marks. It does, but if properly painted by a company specializing in painting cabinetry, white cabinetry can be easily cleaned and maintained.

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# NO SPACE? NO PROBLEM!

*Let's create big style in a small kitchen with the help of designer Luc Crawford. Here's a step-by-step plan on how to make a small kitchen look and feel larger.*

**Text** Luc Crawford



**1. REPAINT.** A simple coat of paint, like a bright white or a light grey will freshen up a kitchen. Adding pops of colour, will distract from the small space. Remember, light and bright.

**2. CREATE A FOCAL WALL.** Add wallpaper (a vertical stripe gives height) or even tile a wall that's in a direct sight-line.

**3. THE BACKSPLASH.** Using mirror or glass subway tile with under-cabinet lighting, will eliminate dark spaces under upper cabinets. Mirror is very on-trend.

**4. TILING.** Depending on the tile on your kitchen floor, you may want to change it out. Ideal floor tiles for small spaces are rectangular in shape and larger-than average tile.

**5. FOCUS ON FUNCTION NOT APPLIANCE.** Create a low impact layout making sure that your tools crucial to working in your kitchen are within a proper working triangle.

**6. LOOK UP AND THINK UP.** Maximizing vertical space is the best way to reduce clutter and increase storage.

**7. IF YOUR KITCHEN HAS SOLID WOOD CABINET DOORS,** you may want to create glass inserts or change out the doors to glass cabinet doors. Another option is open shelving. This will help visually open up the room.

**8. PAINTING THE CABINETS** and walls the same colour allows for a complete flow.

**9. REMEMBER THAT SLEEK,** clean and tailored all help to achieve an overall look that will please everyone entering your kitchen.

**10. FLOOD YOUR SPACE** with as much light as possible. Dark rooms become claustrophobic and uncomfortable. Lighten up that small kitchen and you'll never want to leave.

Space designed by Creative Space Architectural Design Ltd., [www.creativespace.co.nz](http://www.creativespace.co.nz)



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## — CLOSET — *makeover* PROJECT

### JO ALCORN'S TIPS

#### where to start

I love to create a dramatic impact in a small space, therefore I wanted the walls to set the stage for this fabulous walk-in closet. This pink and silver damask wallpaper from *HomeSense* was just the ticket to accomplish that.

#### cover your feet

It was hard to find a rug in the right size for this odd-shaped room, so my DIY project was to cut a shag rug to fit the dimensions of the room. The shag texture in the rug disguises the cut edge creating the perfect rug for any room.

#### make things easier

I added simple hooks to the wall providing easy eye-level access to a bold and beautiful collection of accessories that won't get tangled or lost in a drawer. Plus it adds a touch of whimsy to the space. I used regular hanging hooks from *Canadian Tire* and placed a chair in front of that same wall. We always need a place to sit to put on shoes or throw clothes onto while putting our outfits together!

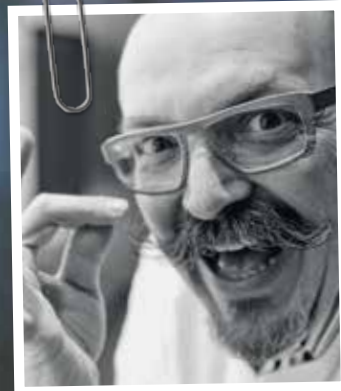
#### shine!

One of the most important things that many forget is lighting! I added a great track light, and for extra on-face lighting, a fun, affordable floor lamp from *Canadian Tire*.

**Wallpaper**, HomeSense, [www.homesense.ca](http://www.homesense.ca); **Hanging Hooks**, **Chair and Floor Lamp**, Canadian Tire, [www.canadiantire.ca](http://www.canadiantire.ca); **Installation**, Space Solutions, [www.spacesolutions.ca](http://www.spacesolutions.ca)

# HOLIDAY FEAST

*with*  
**massimo**



*Chef Massimo Capra whips up a few easy-to-make holiday recipes.*



**Recipes**  
Massimo Capra

**Photography**  
Stephani Buchman

# GRILLED PORK CHOPS

Linguine with cherry tomatoes, garlic and olive oil.



time to rest



Pork chops should sit at room temperature for 20 minutes before being cooked. This will help even out the meat's internal and external temperature. Doing this will ensure that the pork chops will cook perfectly in the centre without charring on the outside."

## INGREDIENTS

4	pork chops 10 oz. each marinated in sage, garlic, onions, rosemary, pepper and oil	2 cups	cherry tomatoes, cut in half
		2 Tbsp.	garlic, chopped
		4 Tbsp.	olive oil
¾ lb.	linguine	8	leaves of basil, chopped
			parmigiano grated as you like

## DIRECTIONS

- 1. Season the pork chops** with salt and pepper and pan fry to your liking making sure both sides golden.
- 2. Boil a pot of water** and season with salt, add the linguine and cook until they are al dente to your liking.
- 3. Preheat a pan** and add the oil and garlic. Cook until golden and remove from the fire. Add a cup of pasta water to the garlic and return to the fire, add cherry tomatoes and basil and immediately add the cooked linguine. Simmer for a few seconds to thicken the sauce, toss well and serve with a good dousing of Parmigiano Reggiano.
- 4. Place a pork chop** beside it and have a great dinner or as we say, Buon Appetito

# RISOTTO AL POMODORO

Light healthy meal with a burst of flavour.



Dirty little secret



“Never wash rice beforehand when making risotto. The starch of the unwashed rice will make the dish creamier.”

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### INGREDIENTS

- 2 cups carnaroli rice
- 1 medium onion finely chopped
- 1 Tbsp. oil
- 6 cups good chicken stock
- 1 glass of white wine
- 2 cups tomato sauce
- 6 basil leaves
- 3 Tbsp. butter
- parmesan cheese grated

### DIRECTIONS

1. **Sweat the onions** in a little oil until golden using a heavy bottom pot. Add rice and let toast a few minutes, then add wine. Let evaporate and add tomato sauce and two full ladles of stock.
2. **Simmer gently**, stirring on occasion to prevent sticking. It will take about eighteen minutes for the rice to cook. With your timer in sight, add stock as required until ready. Risotto should be runny but not the consistency of soup.
3. **When the rice is cooked, turn the fire off** and add butter, basil and cheese. Stir well and serve.
4. **A good addition to this dish** is garlic shrimp, roasted chicken, sausages or meatballs.



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# AVOCADO LIME SHRIMP SALAD

Start your meal with a delicate and delicious salad.



Weighing in

*The shrimp count indicated on the package (for example 20-25) signifies how many shrimp it takes to make a pound."*

## INGREDIENTS

- |       |  |         |                            |
|-------|--|---------|----------------------------|
| 1 1/4 | pounds cooked, deveined, shelled shrimp, tail shells removed | 1       | large yellow tomato, diced |
| 3     | avocados peeled, pitted and diced                            | 1       | bell pepper, chopped       |
| 1     | bunch green onion tops, chopped                              | 1/2     | bunch cilantro, chopped    |
| 3     | large red tomatoes, diced                                    | 2 Tbsp. | fresh lime juice           |
|       |  |         | salt and pepper to taste   |

## DIRECTIONS

1. **Cut the shrimp** into 2 or 3 pieces and place in a large bowl. Add the avocado, green onion, red and yellow tomatoes, bell pepper, cilantro, and lime juice. Mix well.
2. **Season with salt and pepper.** Refrigerate for at least 15 minutes before serving.

## CHEF CHEAT SHEET

Ever wonder how to convert your ingredients to make different recipes? Look no further than this handy cheat sheet!



**one gallon converts to...**

4 quarts  
8 pints  
16 cups  
128 ounces  
3.8 liters



**one quart converts to...**

2 pints  
4 cups  
32 ounces  
.95 liters



**one pint converts to...**

2 cups  
16 ounces  
480 milliliters

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Find the recipe for Broccoli Cheese Soup at [vitamix.ca](http://vitamix.ca).



# Barista's Guide to Entertaining

Entertain in style with decadent coffee recipes and fabulous gift ideas for the coffee lover in your life.

## INGREDIENTS

- 3 Tbsp. strong espresso
- 1 tsp. hazelnut spread
- 1 tsp. honey
- 1 pinch ginger
- 1 pinch cardamom
- milk and milk foam

## Winter Magic

## DIRECTIONS

- 1. In a cup,** stir the hazelnut spread and honey with a pinch of ginger and cardamom until creamy.
- 2. Add a strong shot** of espresso and a frothy milk topping like a Cappuccino.

- 3. Dilute a little hazelnut** spread with espresso. Add this mixture to the frothy milk topping as decoration. **TIP** You can use chocolate sauce instead of the runny chocolate spread for decoration.

## INGREDIENTS

- 3 Tbsp. espresso
- 3 Tbsp. ground coffee
- 2 eggs
- 1/2 cup sugar
- 1 pinch salt
- 1 sachet vanilla sugar
- 1/2 cup dark chocolate
- 1 cup ground almonds
- 3 Tbsp. flour
- 1 Tbsp. Kirsch

## Coffee Biscuits

## DIRECTIONS

- 1. Break the chocolate** into pieces and place them in a small bowl.
- 2. Pour hot water** over the chocolate until it has melted. Carefully pour out the water leaving only the melted chocolate.
- 3. Add the espresso** and melted chocolate to a larger bowl.
- 4. Add the eggs,** sugar, salt, vanilla sugar and freshly ground coffee.
- 5. Whisk** the ingredients together, gradually adding the almonds and flour.

- 6. Chill** the dough for an hour.
  - 7. Cut off small portions** with a teaspoon, form into small balls between your hands, and roll them in sugar.
  - 8. Leave to rise** for an hour and then bake at 230°C for 5 minutes.
- TIP** The Guetzli are ready to take out of the oven when they start to show fine cracks.

For more great barista tips and recipes visit  
[www.canadianhometrends.com/Barista](http://www.canadianhometrends.com/Barista)

## Wish List for Coffee Lovers



**Milk Frother** from Jura,  
[www.ca.jura.com](http://www.ca.jura.com)

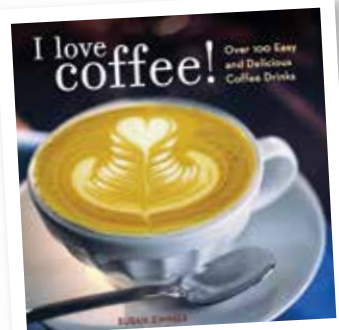
**IMPRESSA F8,**  
 automatic coffee  
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[www.ca.jura.com](http://www.ca.jura.com)



**IMPRESSA Z9,**  
 automatic coffee  
 maker from Jura,  
[www.ca.jura.com](http://www.ca.jura.com)



**Engraved Storage Tins** from  
 HomeSense, [www.homesense.ca](http://www.homesense.ca)



**I Love Coffee! Recipe Book,**  
[www.CanadianHomeTrends.com/Barista](http://www.CanadianHomeTrends.com/Barista)

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# *'Tis the season to decorate*

*Designer Tobi Fairley invites us into her beautiful  
home for the holidays.*

**Text J. Lynn Fraser | Photography Rett Peek**





obi Fairley  
remodeled her two-  
storey, 2,500

sq. ft. home with a desire to create a gracious living space for her husband and daughter. She also wanted well-groomed rooms to entertain in — especially during the holidays.

"The first thing I do is select the upholstery and the one fabric pattern in a room that will be dominant. It could be a fabric with the boldest or the biggest pattern," Tobi observes. For a pattern palette that works, Tobi advises using varying scales of patterns "or they will fight each other." Tobi chooses her floor coverings last. "It should definitely coordinate with the colours and patterns in the room, but it should be more subtle. You don't want to constantly draw the eye down to the floor."

Tobi's entry hall gives visitors an exuberant welcome. On the hall's right hand side is a gracious staircase. Its wood detailing is outfitted in crisp white paint that frames the oversized white and black toile wallpaper. "I added the moulding under each riser to give it some architectural interest," Tobi notes. She and her husband chose the 1970s era home because it was "built with care and a lot of detail."

"When I design a home, I like to have the rooms flow well and a good colour story is one way to do that." In these rooms, green is a fresh, vibrant accent colour. "The inspiration for the living room was the gorgeous green wing chairs," Tobi comments. The living room, on the entry hall's left side, blends traditional with contemporary



**Space Designed by** Tobi Fairley, [www.tobifairley.com](http://www.tobifairley.com); **Green Chairs**, Barclay Butera, [www.barclaybutera.com](http://www.barclaybutera.com); **Drapery**, F. Schumacher, [www.fschumacher.com](http://www.fschumacher.com); **Paint**, Sherwin Williams SW 6120 Believable Buff, [www.sherwin-williams.com](http://www.sherwin-williams.com); **Wrapping Paper** Designed by Tobi Fairley, [www.tobifairley.com](http://www.tobifairley.com); **Black and White Chairs**, Hickory Chair, [www.hickorychair.com](http://www.hickorychair.com); **Black and White Fabric and Draper Panels**, F. Schumacher, [www.fschumacher.com](http://www.fschumacher.com); **Rug**, Karastan, [www.karastan.com](http://www.karastan.com); **Wallpaper in Hall**, F. Schumacher, [www.fschumacher.com](http://www.fschumacher.com)

design. The chairs are traditional with a twist. Their 'brocade' is graphic and stylized. Visually framing the chairs and Christmas tree is a window treatment of drapery and white plantation shutters.

The tree's vibrant ornaments also appear in the family room and on the staircase. Pattern repetition creates unity in a home's design — including gifts under the tree. The key to working with bold design statements is keeping accessories to a minimum. Tobi's colour motifs, patterns, and bold graphics are restated in the fabric in the window drapery, chairs and accessories. This gives the rooms a cohesive narrative. Attention to detail brings all the design elements in a room together.

Leading from the entry hall is the family room where a handsome wood-paneled fireplace draws family and friends together. "I wanted it to fit the clean traditional look of the décor, with a neutral colour that balances the colour of the brick." Neutral walls, flooring, and upholstered furniture act as a foundation for the room's patterns. The toil fabric in the chair and draperies reiterates designs found in the living room and staircase. "When decorating a mantel for the holidays, I love to remove everything that is not part of the holiday theme, and then give the mantel a lush and full look."

"I loved how the design looked — fresh and colourful".



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Anna Olson



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# BRANCHING OUT *for the holidays*

*Searching for a unique centrepiece idea? Look no further than this chic branch arrangement as seen on the Marc and Mandy Show!*



## Material list

Branches  
Krylon ColorMaster spray paint (Nickel)  
Spray glue  
Craft sparkles  
Container of your choice  
Floral foam or newspaper  
White silk flowers (peonies and roses)  
Miniature roses  
Hot glue gun

- 1 Cut a few tree branches. Soak them in bleach for an hour and let dry.
- 2 Apply two coats of spray paint to the branches using Krylon ColorMaster in a nickel finish. Let dry.
- 3 Coat the branches with spray glue and dust sparkles over them.
- 4 Place a piece of floral foam at the bottom of the container. Stick the branches in the foam to secure them in place. For added structure, add newspaper around the floral foam.



## IPAD EXCLUSIVE

Check out a how-to video for this DIY found in Canadian Home Trends' digital edition.

- 5 If desired, add miniature roses on the branches. Depending on the pre-built adhesion options that the flowers come in, you may need a hot glue gun to adhere them to the branches.
- 6 Add florals around the branches and voilà, you have a beautiful designer centrepiece to display at your dinner party!

## from trash to *treasure*

Nicholas Rosaci gives a castaway desk a Chanel inspired second chance



To quote Coco Chanel herself "The best things in life are free. The second best are very expensive." Lucky for us our DIY Editor Nicholas Rosaci knows how to create chic on a budget.

One afternoon while driving home, I spotted a tired and dowdy desk on the side of the curb. I was immediately taken aback! Why would such a great piece be relegated to the trash? I instantly knew that with a little DIY ingenuity, I could transform this simple desk into something of real beauty with minimal effort and cost."

**Find out how to make this DIY project on [www.CanadianHomeTrends.com/DIY](http://www.CanadianHomeTrends.com/DIY)**

## LOVE THIS houzz

Here are a few things we fell in love with on Houzz. Check out our Canadian Home Trends Magazine Houzz at Houzz.com



We love these fabulous urns greeting carolers during the holiday season. They were beautifully designed by Katherine Kinch from Your Space By Design, [www.yourspacebydesign.com](http://www.yourspacebydesign.com).



We adore this rustic holiday setting designed by Lisa Gabrielson Design, [www.lisagabrielson.com](http://www.lisagabrielson.com).

*Photo by Lauren Rubinstein, [www.larphotography.com](http://www.larphotography.com).*



## What's your mantel doing for the holidays?

For holiday projects big and small, count on Krylon®. Krylon has the colours, textures, ideas and inspiration you need to make your season look better than ever. Visit [krylon.ca](http://krylon.ca) for project ideas and instructions, and to find a retailer near you.

# TWEETS FOR *all guests*



*Designed by Vicki O'Dell*

*Upcycle old napkin rings in time for the holidays and family and friends will be amazed at your DIY skills!*

## Material list

Krylon ColorMaster® Primer White	Alcohol
Krylon ColorMaster® Sea Glass	Lint-free cloth
Wood napkin ring from craft store	E6000 adhesive or other heavy duty adhesive
Fine sandpaper or steel wool and tack cloth	
Small bird Christmas ornament	

- 1 Lightly sand the wooden napkin ring and wipe free of dust with a tack cloth. Remove the hanging loop from the bird ornament and adhere to the napkin ring with glue. Let dry.
- 2 Wipe down the bird with alcohol.
- 3 Paint the entire napkin ring with Krylon ColorMaster® Primer White.
- 4 Paint with Krylon ColorMaster® Sea Glass.

## Designer Tip

Set the napkin rings down into an egg carton to hold them upright for spraying and drying.



*Designed by Roxi Phillips*

# WRAP *it up*

## Material list

Krylon® ColorMaster® Cherry Red	3 jingle bells
Krylon® ColorMaster® Satin White	Baker's twine (2') red and white
Krylon® ColorMaster® Hosta Leaf	Kraft paper roll
Make It Stone! White Onyx	Kraft paper gift bag
Krylon® Chalkboard Paint Black	Coordinating tissue paper
Krylon® Glitter Spray Shimmering Silver	Masking paper and tape
Freezer paper plastic coated	Personal die-cut machine
Metal letter 5"	Craft scissors
Wired gift ribbon	Dry iron
Embellishments	Chalk stick

## ROLL OF WRAPPING PAPER

- 1 With freezer paper and a personal die-cut machine, cut multiple holiday themed stencils in an appropriate size.
- 2 Iron freezer paper stencils onto Kraft paper roll with a dry iron.  
**NOTE** You may need to adhere stencils to paper roll in sections depending on how large your work surface is.
- 3 Spray paper with Krylon® ColorMaster® Satin White. Let dry. Remove stencils. Repeat for additional sections as needed.

## GIFT BAG

- 1 With freezer paper and personal die-cut machine, cut three leaf motif stencils 3-4 inches in length.
- 2 Iron freezer paper stencils onto Kraft paper gift bag with a dry iron.
- 3 Spray paint with Krylon® ColorMaster® Hosta Leaf.
- 4 Spritz the bag with Make It Stone White Onyx.
- 5 Spray the bells with Krylon® ColorMaster® Cherry Red.
- 6 With baker's twine, tie bells on bag handle to dangle near spray painted leaves.
- 7 Wrap gift with coordinating tissue paper.

## GIFT BOX AND TAG

- 1 Spray paint letter tag with Krylon® Chalkboard Paint. Condition paint according to manufacturer's instruction. With chalk stick, write recipient's name on letter tag.
- 2 Wrap box in painted paper. Embellish with ribbon, sprig, pine cone, vintage text, etc.

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Space designed by Jennifer Brouwer | Photography Donna Griffith





**KIM BARTLEY**  
DESIGNER

## WIDE OPEN *Skies*

“I would love to get a **Mini Cooper convertible** wrapped with a large red bow this holiday season!”



MINI COOPER,  
MINI Canada,  
[www.mini.ca](http://www.mini.ca)

## WORK *of art*



Leap of Faith, Platinum,  
Atelier Bronze, Richard  
MacDonald, [www.richardmacdonald.com](http://www.richardmacdonald.com)



**GLEN PELOSO**  
DESIGNER

“All I want for the holidays is a **Richard MacDonald sculpture** for my home!”

## European GETAWAY



**EVELYN ESHUN**  
DESIGNER

“I wish for a **3 week holiday in Europe** to spend time mentally recharging and discovering new travel treasures with the one I love. Time is the most precious gift for me!”



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A photograph of a modern bathroom interior. A white bathtub is in the foreground. A white pedestal sink is on the right. The wall is covered in patterned tiles. A round mirror is on the wall. A shower area is visible on the left.

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**LUC CRAWFORD**  
DESIGNER

chic  
bag

“I really want an **Oak and Eddon bag** by **Libero Ferrero**.”



Libero Ferrero,  
[www.libero ferrero.com](http://www.libero ferrero.com)



**MARC ATIYOLIL**  
EDITOR-IN-CHIEF

“I would really love to have a **VitaMix S30 blender** to mix my holiday drinks.”



VitaMix S30,  
VitaMix, [www.vitamix.ca](http://www.vitamix.ca)

Holiday Essential

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Pretty

“I would love world peace but failing that, something I have wanted for about twenty years...a diamond and sapphire bracelet (The size of peas).”



**CHRISTINE RAE**  
HOME STAGING EXPERT

Warmth

“This year for the holidays I have my eye on a green **Le Creuset Zen tea kettle**.”



**MEGHAN CARTER**  
DESIGNER



Le Creuset Zen  
Kettle, Hudson's Bay  
Company, [www.thebay.com](http://www.thebay.com)



Halo  
Rainshower,  
Moen, [www.moen.ca](http://www.moen.ca)

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rain

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**MANDY ATIYOLIL**  
LIFESTYLE EDITOR

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# MARC & MANDY'S FAVOURITES

The hosts of Canada's Newest Daytime Talk Show have selected their favourite products.



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www.secretlegwear.com

*Mandy says*  
"I love using SECRET products. Their commitment to style and comfort with colourful choices gives me peace of mind."



Peppermint Candy Sweetened with Xylitol  
www.icechips candy.com

*Mandy says*

"There is nothing better than fresh peppermint candy after a big holiday meal to help the digestion."



Food Huggers  
www.foodhuggers.com

*Marc says*

"Food Huggers helps me limit my food waste and keeps my veggies fresh!"

*Mandy says*

"Marc and I love wine! We like using the Stemless Wine Traveler to keep our wine fresh, longer."



Stemless Wine Traveler  
www.store.theproductfarm.com



FreshTape, www.getfreshtape.com

*Mandy says*

"It's so convenient and easy to use — each one reseals dozens of times. It is also recyclable!"



KRYLON  
www.krylon.ca

*Marc says*

"I've recently used KRYLON ColorMaster to upcycle some of Mandy's shoes! Worked like a charm!"



Capital Corn and Confections  
www.trentonpopcorn.com

*Marc says*

"The holidays mean watching my favourite television shows and movies! What better companion than pumpkin pie flavoured popcorn? Love it!"



Waist Band Original, Mytagalongs,  
www.mytagalongs.com

*Mandy says*

"This is great for my morning jog. It keeps all of my essentials neat and accessible. The neoprene material makes it easy to wear."



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## CHRISTINA MARZILLI

"Christina has over 40 years experience in furniture design and manufacturing."



VS.



## EVELYN ESHUN

"Evelyn Eshun has almost two decades of residential design and planning experience, from concept to final build."

**I LOVE THIS LOOK** because it is elegant and timeless. Whites and creams paired with elegant coppers and golds give the space a feeling of luxury that will never go out of style.

**HOW TO CREATE THIS LOOK** Mixing materials is the perfect way to create a space with plenty of visual interest. Here, a mixture of white, cream, gold, copper and brass work together to create a clean but interesting design scheme. A few darker accents like the chair legs and side table help to ground the space. A patterned rug adds visual interest and texture to the room.

**I LOVE THIS LOOK** because pink is not just for girls. When pink is paired with sophisticated metallic finishes such as copper, burnished gold and aged silver it takes on a new personality. Used in a soft and blushy tone, it tends to be more contemporary and elegant.

**HOW TO CREATE THIS LOOK** Design a space using copper, gold, a touch of silver and pink. Start with neutral furnishings and pair them with vibrant accents. It will look sophisticated and glamorous.



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# how-to CREATE A HOTEL CHIC BEDROOM

*When creating a guest bedroom, think back to the last time you stayed in a hotel. That feeling of comfort and luxury is what you are trying to achieve.*



## furniture

**The bed** sets the mood and acts as the focal point of your room. Depending on your décor palette, rich warm wood tones or soft lush fabrics can help make the bed inviting to guests. Bassett's Custom Upholstered Paris bed with its beautiful arched-shaped tufted headboard and proportioned wings makes a stunning focal point and adds an element of sophistication and elegance to a guest bedroom.

**An open nightstand** with books or magazines is a nice touch. A charging nightstand or small desk allows guests to charge their electronics or use their laptop with ease.

**Add a bench** or chair at the end of the bed for guests to relax, or provide storage for an extra blanket guests might need on a cold winter night. With a custom ottoman or bench you can choose your shape, size and fabric to suit your guest room.

## hotel comforts

**Lush bedding and a comfy mattress** is a must. Lots of pillows, duvets and an extra blanket dress a bed and make it inviting for guests.

**A nice area rug** with some pattern and rich colours can centre the entire room and soften wood floors.

**Artwork, accessories** and other finishing touches are the perfect place to reflect your own personal taste within the room.

## finishing touch

**One thing I love to do** is have the room ready with soft plush towels and fluffy bathrobes for that extra touch.

**Text by** Jack Lochhead



Bassett Furniture, [www.bassettfurniture.ca](http://www.bassettfurniture.ca)

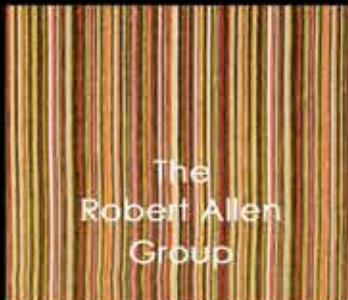
## BEDROOM IDEAS

We've compiled our favourite bedroom ideas that are sure to transform your boring abode into an oasis.

**1 Have a seat!** Add a chair in a bedroom to create a reading nook or a place to make phone calls. Be sure not to place the seating close to a closet or dresser so that it doesn't become a breeding ground for extra clothes.

**2 Mix and match night stands!** Feel free to mix and match to find the perfect balance of style and functionality for both sides of the bed. Choose tables that are no more than a few inches apart in height.

**3 Throw it on!** A throw blanket is a perfect touch at the bottom of a bed. When dropping it over the bed, the throw should hang six to twelve inches over each side of the bed.



... Just to Name a Few

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# Kim, Fix My House!

**Q** How can I save money on my kitchen reno?

## HIRE A PRO

Other than making your new kitchen look fabulous, there are two other excellent reasons to hire a designer and contractor. An established interior designer will be able to offer big discounts from suppliers while an experienced contractor will reduce the number of costly mistakes.

## COUNTER TOPS COUNT

There are so many gorgeous options for counter tops on the market that it's just a matter of choosing the right one. Consider both style and functionality. If you don't mind some nicks and marks showing, then good old-fashioned butcher's block is an affordable and practical choice. There are several natural and manufactured stone surfaces available in practically the same price range. Quartz counter tops are very popular as they mimic the look of marble but without requiring the high-maintenance care. For a seamless look, continue the counter material all the way up the wall to create a matching backsplash. There are tricks to getting a beautiful counter on a budget. If you love granite, there are various grades available that range in price. The counter top will dictate the colours and style of the space, so choose wisely.

## GO LIGHT ON THE LIGHTING



Photo by Stephani Buchman

The more lights you require, the more your labour cost will increase. Plan for a combination of lighting to ensure that all areas of the kitchen are well lit. A couple of hanging pendants with under cabinet lighting is a great combination. Scour flea markets and thrift shops for a single chandelier that will make the space unique.

## EVERYTHING BUT THE KITCHEN SINK

Try not to move existing plumbing if you can avoid it. By keeping the sink where it currently resides, you will save yourself lots of money in plumbing costs. If you have completely changed the layout of your kitchen and must move the sink, plan to upgrade your pipes at the same time so you won't have to do it in the future. An undermount sink is a design trend that is not likely to disappear anytime soon. Figure out if you would get more use out of a single or a double sink. Add a stylish faucet to finalize the look. - Text by Kim Bartley

# 5 Places to Check Out!

Here are a few of our favourite events in our calendar for the coming months.

## 1 Seasons Christmas Show

### Days to attend:

Friday, November 21  
Saturday, November 22  
Sunday, November 23

### Address for GPS:

The International Centre - Hall 5  
6900 Airport Road  
Mississauga, ON L4V 1E8

### Get tickets here:

[www.seasonsshow.com](http://www.seasonsshow.com)

### Address for GPS:

BMO Centre, Stampede Park  
20 Roundup Way SE,  
Calgary, AB  
T2G 2W1

### Get tickets here:

[www.calgarywomansshow.com](http://www.calgarywomansshow.com)

## 4 Retro Design & Antiques Fair

### Days to attend:

Sunday, October 19  
Sunday, December 7

### Address for GPS:

3250 Commercial Drive, 16th Av.  
Vancouver, BC

### Get tickets here:

[www.21cpromotions.com](http://www.21cpromotions.com)

## 2 Markham Home Show

### Days to attend:

Friday, October 17  
Saturday, October 18  
Sunday, October 19

### Address for GPS:

Markham Fairgrounds  
10801 McCowan Road  
Just north of Elgin Mills Rd. and  
McCowan Rd.

### Get tickets here:

[www.markhamhomeshow.com](http://www.markhamhomeshow.com)

## 5 21st Century Flea Market

### Days to attend:

Sunday, November 16  
Sunday, January 18

### Address for GPS:

Croatian Cultural Centre  
3250 Commercial Dr. at 16th Av.  
Vancouver, BC

### Get tickets here:

[www.21cpromotions.ca](http://www.21cpromotions.ca)

## 3 Calgary Woman's Show

### Day to attend:

Saturday, October 25  
Sunday, October 26  
Monday, October 27



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## “PAINT-OVER” A FABRIC CHAIR

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2. Grab a small bucket of water, a few rags, a paintbrush, a sanding sponge and your choice of Plaster Paint colour(s).
3. Shake your can of Plaster Paint, or stir well.
4. Paint the entire chair (including the fabric seat) with the base colour. This is the colour that will show through your top coat when you distress the project. A thin coat of paint works best.
5. Let the coat completely dry. It's normal for the paint to dry a bit streaky.
6. Add a second coat of paint making sure to cover the entire surface. Let dry.
7. Add a top coat. This is the colour that you will see where you have not distressed the chair. Let this coat of paint dry until it does not come off if you lightly touch it with your finger

8. It is now time to apply the “wet distress” technique. Grab a wet sanding sponge, and dip it into warm water. Wring it out and begin to lightly wash the edges and places you want your base coat to come through. You should concentrate on areas that would naturally be distressed by wear and tear. Let dry.

9. Now you are ready to seal your project. Use a dry brush or clean cloth (lint-free) and apply Plaster Paint Paste wax in a circular motion, almost like you are washing the chair. Reverse your direction, and lightly go back and forth to remove any excess wax.

10. Wait 5-10 minutes or when dry to the touch and buff (apply pressure) using a lint-free cloth or buffing brush. You will feel the project go from tacky to smooth and it will start to shine. - Text by Laurie Turmel



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# DESIGNER Q & A



*Erin Bhatti is a Senior Design Consultant for BoConcept Calgary, AB*

**Q** I have guests coming from out of town for a week over the holidays and I want to create a peaceful and inviting guest bedroom. What would you suggest for serene wall colours, artwork and furniture that would help create this haven for my guests?

**A** When I think of a peaceful oasis, I picture white sand and blue glistening water. To create this oasis, paint the walls in a pastel blue-green reminiscent of the colours of the ocean, coupled with a whitewashed hardwood floor and classic white trim throughout the room.



Lugano Bed, BoConcept, [www.boconcept.ca](http://www.boconcept.ca)



Downs® Sawn Face Hardwood [www.flooringcanada.ca](http://www.flooringcanada.ca)

A large floating platform bed in a natural wood finish creates a great focal point. The bed should be flanked by minimalist side tables, in a corresponding wood finish, topped with a clear vase filled with seashells and white candles. Clear glass pendant lights above

each side table recreates the incandescence of the ocean, while a silvery blue shag rug under the bed establishes structure in the space. A rich textured art piece, considerably larger than the surface area of the bed and side tables, showcasing footprints in

the sand, captures the emotion of the room. As a final touch, use stark white linens with lush inviting pillows in blues and greens to complement the tranquil ambiance.



Granville Coffee Table, BoConcept, [www.boconcept.ca](http://www.boconcept.ca)



*Ronald Gutierrez is an Interior Stylist for BoConcept Vancouver, BC*

**Q** I'm moving into a condo and I find that everything looks very "cookie cutter". With the holidays just around the corner, I plan to entertain frequently and I want the space to look and feel like a home, especially the living room.

**A** Start with the basics. Make a list of the items you will require for your condo: a light-coloured three seater, a multi-functional coffee table, easy-to-move lounge chairs, storage with sliding doors to save space, etc. Next, create a layout while considering key positions. For example, do you want the sofa to face a window with a beautiful view or do you

want it to face the entrance to welcome guests? Make sure to assign adequate space for each item.

For your colour scheme, start with furniture in lighter, neutral tones to create a spacious feel while leaving the opportunity to play with accessories that are on-trend. A great rule of thumb for accessories is to create a "red thread". Work with one or two solid colours and carry these colours throughout the condo with cushions, throws, vases, paintings and other accessories. To create a personal feel, choose colours that feel optimistic and include memorabilia from past vacations, gifts from loved ones and other keepsake items in your décor. These items give your space a unique and meaningful touch.



Finally, the solution to the age-old question:  
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*Anna Taran  
is a Senior  
Designer for  
BoConcept  
Laval, QC*

**Q** I am getting my condo ready for the upcoming holiday season and I want to redesign my living room. I know it's important to start with a piece you love and build the room around that item. My question is: how do you build a room that will become timeless?

**A** When planning a timeless interior, most people will gravitate towards classic elements, natural materials, neutral colours and flexible configurations. While these are important things to consider,

none of them matter if your home is not a representation of the true you! As an Interior Designer, I can give you advice and lead you towards a look that represents the hottest trends, "the new it" so to speak. Do me a favour and shop with your senses: touch the fabrics, feel the comfort and choose colours that uplift your spirit. Style is relative but a home that is designed around your personality rather than the latest trends will never be outdated. At BoConcept, the possibilities for personalization are endless and everyone can find a style that truly represents them. Your guests will wonder what makes your home distinctive and your décor timeless.



Monte Chair, BoConcept  
[www.boconcept.ca](http://www.boconcept.ca)



Indivi 2 Sofa, BoConcept, [www.boconcept.ca](http://www.boconcept.ca)




*Mackenzie  
Boon is  
a Senior  
Designer for  
BoConcept  
Toronto, ON*

**Q** My condo is a 700 square foot open concept space in a soft grey with dark hardwood floors throughout. How do I define the different areas while still maintaining an open concept with plenty of room to move around when I am entertaining?

**A** Sometimes such a clean slate can be overwhelming. Start with a colour palette that will carry on throughout the space. This will give an overall cohesive look

and create harmony. A tone-on-tone colour scheme will give you room to play with different fabrics, textures and surfaces while keeping the colours analogous.

The sofa and dining table should be your first purchase, as they will take up the most space. The decision between a sofa or sectional will also play a role in defining the area. An area rug is essential; it creates delineation, without being intrusive. You can then start to form the space around those pieces, like adding a sideboard or an accent chair to create a space that is functional and beautiful.



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# GIVE YOUR KITCHEN A NEW LOOK

If you're looking for a way to transform an outdated kitchen, a fresh coat of cabinet paint can go a long way without breaking the bank. To make sure your cabinet painting project goes as smoothly as possible, the experts at General Paint have compiled a step-by-step guide.



## HOW TO PAINT CUPBOARDS

### #1 CLEAR THE AREA

First, empty the cabinets, clear off all of the counters and remove all freestanding appliances. You should also relocate other furniture such as a kitchen table and chairs to another room. Remove all hinges, hardware, doors and drawers from your cabinets and label each door with a numbered piece of masking tape so you can remember which one goes where. Finally, cover the floors with drop cloths, laying each cloth as close to the baseboard as possible.

### #2 THE CAUTION TAPE

Next, apply 1-inch or 2-inch FrogTape® along the edges of the cabinets, as well as any window frames that will not be painted.

### #3 LATHER, RINSE, AND REPEAT

Start prepping your cabinet boxes and doors by washing down the surfaces with warm water and a good cleaner that will remove soot, grease, smoke and airborne dirt. Next, use 200-grit sandpaper to make all of the surfaces smooth. Once sanded, remove dust with a wet cloth. To achieve the most professional-style results, prime the cabinet boxes and

doors using a Baseline Primer and an angled 1-2-inch brush or small roller. If you are using a brush, starting at the top of the cabinet, brush on primer across the grain of the cabinet by holding the brush near the base of the handle. This offers good control, so it is well suited for detail work such as getting close to edges or mouldings.

### #4 GOOD PRACTICES

Once your primer has dried, pour a fair amount of Kitchen and Bath Latex Paint in an eggshell, pearl or semi-gloss finish into the roller pan and use an angled brush and a mini foam roller to apply your paint. Similar to the primer, start at the top of the cabinet and brush across the grain. Apply two coats to each cabinet, lightly sanding with 200-grit sandpaper and wiping dust off in-between coats. When all cabinet boxes and doors have been painted, let dry for 48 hours.

### #5 REASSEMBLE AND REDECORATE

When the final coat has dried remove the tape from each door and reinstall the doors based on their original number. You can then decorate your new kitchen by installing new cabinet hardware and reassembling your kitchen.

## AS SEEN ON...

Marc and Mandy, the hosts of Canada's Newest Daytime Talk Show love to DIY! Watch the latest episode on [www.MarcandMandy.com](http://www.MarcandMandy.com)



Can't find the right wallpaper to match your accent colour and décor? Marc and Mandy have a solution for you! Create a custom accent wall using Shape Tape by FrogTape and paint. In this DIY segment, Marc chose General Paint's Cotton White (SW 7104) and Aqua-Sphere (SW 7613). For complete project instructions, visit [www.MarcandMandy.com](http://www.MarcandMandy.com).

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# DESIGN *destination*



**O.NIX DESIGN BOUTIQUE** IS A BRAND NEW VENTURE LOCATED AT 550 QUEEN ST EAST, WHERE KING AND QUEEN MERGE, IN TORONTO.



**THEIR STORY** "To make a long story short," Erika chuckles, "It all began in Germany, when in 2009 my husband Luis and I moved there for his 4 year job assignment. We found out when leasing an apartment that they don't come with built-in kitchens. Much like we are used to bringing our own bedroom and living room furniture when we rent, the Germans are used to bringing their own kitchen. So, want to or not, caring for a newborn and all, I had my first job in kitchen design. I explored my options, became familiar with European kitchen planning standards and soon created a pretty decent kitchen for ourselves, dealing with one German company. Then two of Luis' friends who were into remodeling at the time, saw my work and enthusiasm for designing and asked me to do their kitchen as well. After that, I pursued formal training and began setting up my new business."

**THE SHOWROOM** It is a design studio with small display vignettes specializing

in kitchens and living spaces; working with the public, designers and builders; focusing on the residential but versatile enough to include business or institutional needs.

**TREND WATCH** O.NIX Design Boutique offers three top-quality, internationally known brands (Zeyko, Biefbi and Störmer), with contemporary and classic kitchen collections featuring a modern twist. Each brand has their own stand-out attraction, yet commonly share modern features like high-gloss lacquers, lacquered glass, high-quality laminates and handleless doors. One high-end supplier, Zeyko, is known for a particular door finish called Metal-X. To achieve this look the mineral/metal is finely ground and processed so it can be applied as a paste on the front of the door; similar to painting but thicker so it actually becomes a beautiful and durable layer of metal, available in four colours - copper, gold, platinum and aluminum. - Text by Betty Barkman

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Space designed by Jennifer Brouwer | Photography Donna Griffith



# entertain in a gourmet kitchen

We've compiled our favourite kitchen appliance features that are sure to "wow" your guests at your next dinner party.

## Bigger is always better

A large capacity refrigerator gives you plenty of storage space for beverages and menu items when you entertain. The largest capacity refrigerator in its class\*, this Samsung refrigerator can store up to 34 bags of groceries!

## Control Freak

The ability to control the temperature in different areas can help keep food fresh longer. Samsung's Chef Mode offers four different zones including a zone that can switch from a fridge to a freezer. This gives you the ability to store food at chef-recommended temperatures at all times.

## Cooked to perfection

Preparing your party menu just got easier with Samsung's Sensor Cooking. This smart sensor automatically adjusts power levels so that cooking, defrosting and reheating are all achieved at the perfect temperature. That's one less detail for you to think about!



## Do not disturb

Unlike conventional dishwashers, Samsung's WaterWall™ technology uses a powerful sweeping wall of water to leave dishes remarkably clean. No more piles of dirty pots and pans cluttering your kitchen when entertaining. Its special noise-reducing insulation also means you can wash dishes without disturbing guests!

## Two's a party

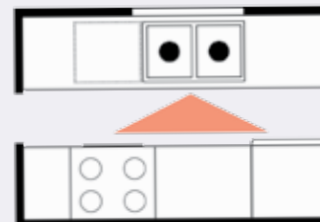
Nothing ruins a perfect dinner like rewarmed food. If you don't have the space for two ovens, FlexDuo™ is the perfect solution. Simply split your oven into two compartments with the Samsung Smart Divider and cook two different recipes at the same time so that everything is ready to eat without any waiting or rewarming.

### ASK THE DESIGNER

**Q** I'm building a new home and I'm excited to be designing my very own kitchen. How do I know where to place my appliances?

To test the efficiency of a kitchen layout, experts suggest drawing an imaginary triangle between the three main areas in your kitchen: cooking (stove top), preparation (sink/dishwasher)

and food storage (refrigerator/pantry). In a well-planned kitchen, each leg of the triangle should be 4-9 feet long with the sum of all three sides between 13-26 ft.



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# for today & TOMORROW

*Create a bathroom that will grow with you as you age.*

When planning a major bathroom renovation, it is important to consider functionality both for today and for the future. Be it from natural aging, an unexpected accident or taking in an elderly relative; at some point, most individuals find themselves in the position where an accessible bathroom is necessary. Often, this requires last minute bathroom re-designs that are both costly and unattractive.

Today, homeowners are learning to plan ahead and are looking for ways to plan their bathroom renovations so that their bathrooms are functional now and can easily be updated into accessible rooms without sacrificing style. With a little planning and fore-thought, we can create a bathroom that is ready to change with us as our seasons of life change; that will leave us comfortable even in the event we get a curve-ball thrown at us. Beautiful today and remaining so - all ready for tomorrow.

One of the biggest things to consider when planning a bathroom with accessibility in mind is the shower base. An Accessible Design shower base from Fleurco gives you plenty of options. An overhead shower with a hand-held option and glass shower doors make a beautiful bathroom. In the future, simply remove the glass doors, install a shower seat and handrails and you have an accessible shower stall that still looks lovely. The shower bases offer a drain that is level with the floor for easy entry and a textured floor to help prevent slipping. High quality, single piece construction with a fiberglass reinforced bottom ensures your bathroom will remain functional for many years.

Layout is also another important aspect to consider. Ensure that your layout is designed to provide adequate room to move between the sink, toilet and shower areas. A design that offers enough space for a wheelchair to maneuver not only offers future accessibility but it also provides a clean, open space for today. - *Text by Betty Barkman*



## EDITORS' PICKS

Our editors have chosen their favourite bathroom vanities to include in your bathroom reno.



We love this Demi Lune 40" walnut bow front vanity from Bloomsbury Fine Cabinetry. [www.bloomsburydesign.com](http://www.bloomsburydesign.com)



Add an exotic touch to your bathroom with this Infusion 34" flat front black vanity from Bloomsbury Fine Cabinetry. [www.bloomsburydesign.com](http://www.bloomsburydesign.com)

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# MY FLOORING WORKBOOK

Creative flooring follows trends — just like fashion. Today's flooring allows you to express your personality while meeting your needs for practicality. According to Frank Chiera, Vice President of Marketing and Advertising at Flooring America, these are the hottest flooring trends.

**Text J. Lynn Fraser**



**ULTRA SOFT CARPETING** Very soft, durable, and easy to maintain. It comes in hundreds of colours so it can match any room's décor. It is great for high traffic rooms such as a family or game room. The variety of colours offered by ultra soft carpeting makes it easy to pair with a combination of other flooring choices.



**LUXURY VINYL TILE/LUXURY VINYL PLANK** If you want the look of hardwood or tile, without the maintenance, these products are a great alternative. They have "exploded" in popularity in the past few years according to Chiera. They resist scuffing, damage, and wear and tear that family life brings. And, they are affordable! You can have a high fashion look, without the high cost. Best of all, they are easy-to-clean and water resistant making them a good fit for your bathroom or kitchen. Tiles are a great design choice. They can add just the right touch for a contemporary design or provide a subtle accent for a traditional look.



## **HAND-SCRAPED HARDWOOD/SAWN FACE HARDWOOD**

Hand-scraped hardwood has the beauty of wood aged and handled over hundreds of years. Sawn face hardwood looks like it has just been milled. Its loveliness is accentuated with oil rubbed into its surface giving it a deep lustre. These woods offer the beauty of old wood with the strength of new wood. They are an elegant choice for a kitchen or bathroom designed for fashion forward country style. These wood choices are following a trend in furniture toward hand-scraped, traditional, oil rubbed woods.



**HARD TILE** Is groutable ceramic and porcelain tile that can be laid in long strips. It gives you the look of hardwood without the work. Its durability makes it a sound choice for hallways, kitchens, and foyers.

## BUDGET TIP

For homeowners who want to make budget-wise choices Morrell suggests "keeping accessories simple" while keeping functionality in mind. Designs free of trims, moulding, and columns may be more budget-friendly as can choosing some finishes over others. "Take the time to pull it all together. Focus on the planning work," Morrell advises. "It will be one of the bigger investments in your home."



Kitchens Designed by Sutcliffe Kitchens  
[www.sutcliffekitchensguelph.ca](http://www.sutcliffekitchensguelph.ca)

# how-to CREATE THE perfect kitchen

Are you planning a kitchen renovation? Don't know where to start? Here are six things to consider before you start your kitchen renovation.

Text J. Lynn Fraser

## 1. INVEST TIME IN CHOOSING A RENOVATOR

Look for a firm that has expertise in kitchen renovations, can provide references and has interior designers and craftspeople on staff.

## 2. COMMUNICATION IS KEY

Ensure that your renovator understands how the kitchen will be used. Will it be a social hub for a busy family, or a place for quiet meals?

## 3. REACH FOR QUALITY

Cabinets will be one of the most important investments in your kitchen. When choosing cabinets, Kevin Morrell of Sutcliffe Kitchens suggests investing in high quality cabinetry with a timeless design like Shaker style doors that will last through years of wear and tear without going out of style.

## 4. MAKE THE RIGHT CHOICE

Kitchens, for most families, are a heavy use area. It is important to consider this

when choosing materials for workstations, specifically counter tops. Morrell advises that homeowners choose "functionality over looks" when choosing counter top materials. Materials like granite and quartz are a solid choice because they are long lasting and stain resistant.

## 5. LIFESTYLE

Kitchen islands are often a showcase for homeowners to express their personalities. When considering the design of an island, like any element in a kitchen, it is important to think of both immediate and long term use and needs. In islands, as in other parts of the kitchen, storage that is functional, easy to get at, and makes best use of space, holds long term value.

## 6. ALL OUT ON LIGHTING

"A nice thing about lighting is that you can change it easily," Morrell says. You can show off your personal taste in your lighting choices without making a permanent style commitment.



# TIMELESS SIMPLICITY

Laura and her husband, Scott take us on a tour of their home built to accommodate their growing family.

**Text** J. Lynn Fraser | **Photography** Colin Perry

**Space Designed by**, Sarah Gallop Design Inc., [www.sarahgallop.com](http://www.sarahgallop.com); **Photography**, Colin Perry; **Wall Paint**, Benjamin Moore OC-53 Horizon, [www.benjaminmoore.com](http://www.benjaminmoore.com); **Ceiling Paint**, Sherwin Williams SW7006, [www.sherwin-williams.com](http://www.sherwin-williams.com); **Cabinet Paint**, Sherwin Williams SW7006, [www.sherwin-williams.com](http://www.sherwin-williams.com); **Peninsula Island**, Margranite Industry LTD, [www.margranite.ca](http://www.margranite.ca); **Backsplash**, Olympia, [www.olympiatile.com](http://www.olympiatile.com); **Sink**, Robinson Lighting and Bath, [www.rlrb.com](http://www.rlrb.com); **Pot Lights**, Robinson Lighting and Bath, [www.rlrb.com](http://www.rlrb.com)



Laura and her husband, Scott, are both professionals and needed space for their growing family that includes one year old Jack, who was born three days after the family moved in, and their three-year old daughter Amelia. As well, there is Colonel Mustard, their French bulldog. The home is a new build in Vancouver, BC.

"One of our goals in designing this house was the flexibility to allow our home to grow as our family needs evolve," Laura notes. "We gravitated towards a pretty traditional style — white shaker style cabinetry, grey and white tile/marble/granite, light walls and contrasting dark hardwood floors."

"The homeowners were looking for a classic, timeless feel, so the majority of the larger items were selected to withstand the test of time," observed Designers Sarah and Rob Gallop. The home's seven inch wide maple floor paneling adds warmth while providing a visual connection throughout the home's rooms. Facing north in the home's front room is the den/office area, with a powder room nearby.

Central to the main floor is the dining room. Its softly curved chairs and dreamy, feminine ambiance is balanced by the masculine lines of the table's eastern maple wood, stained

hickory. "Both are in a transitional, classic style," the Gallops commented. They advise that "Darker materials are best on horizontal surfaces while lighter materials displayed vertically make the space feel bright and open."

In the living room, the gentle dance between traditional forms and contemporary ease continues. The fireplace, made of London Fog Ledge stone, anchors the space. "We wanted something textured but on the contemporary side," the Gallops note. The tables or 'Drums' are western red cedar. "We incorporated a few subtle nods to our west coast/Canadian heritage," Laura notes.

The kitchen, next to the living room, accommodates both their family and entertaining needs. "We wanted as much storage and counter space as possible while keeping the kitchen open to the nook and family room. They wanted a multi-functional space for their family to spend time together," the Gallops confirmed. "We recognized that our family was going to spend 95% of the waking hours in this space. It needed to be comfortable and open," Laura says.





The home's upstairs has the children's rooms, one bathroom for the children and a master suite with walk-in-closet and en-suite. The en-suite is a confection of white walls, glass and mirrors. The bathtub is a show piece — an Acric-Tec tub. "It's a beautiful freestanding tub with classic, yet feminine lines. We selected this tub its shape, style and simplicity. We needed something in a specific size," the Gallops note.

"We were so relieved when it was all done because we had just been crossing our fingers that Jack would stay put until we moved in," Laura says of moving into their new home.

She notes that family and friends "think it's beautiful but that we are maybe a little crazy with so much white with young kids. So far it has stood up to their destruction."

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“THE LAUNDRY ROOM IS ALSO THE MUDROOM SO WE WANTED LOTS OF ORGANIZATION AND STORAGE”  
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# MY HOME

## *my haven*

Designer Karin Bohne showcases  
a grand estate with six bedrooms,  
seven bathrooms, and more.

**Text**

J. Lynn Fraser

**Photography**

Amanda Oster

“I WANTED  
TO MIX BOTH WEST  
COAST AND EUROPEAN  
DESIGN AESTHETICS.  
WE INCORPORATED  
LARGE BASEBOARDS,  
CASINGS AND CROWN  
MOULDINGS.”

KARIN BOHNE, DESIGNER





Angelo Tsakumis, a Vancouver developer and builder, wanted a home that would be a haven. He chose an acre of land in a community near Langley, British Columbia. "The home's location was unique. It allowed me to retreat from the city without giving up all the amenities that living close to the city provides."

Designer Karin Bohne describes the year-old home as a "grand estate complete with six bedrooms, seven bathrooms, a games room, a theatre room, a gym and a wine cellar." Greek and Italian marble are used with the marbles' soft whites, smoked greys and whispered black lines setting the home's subtle colour motif. "I was very adamant about keeping a light, bright theme as I didn't want to make the home feel dark and gloomy," Tsakumis states.

Gently burnished metals, rich fabrics, and European detailing bestow a soft lushness to the décor. The home's sleek tone is set by the foyer with its zippering white banisters contrasting against the dark risers and flooring. "The chandeliers are the first thing one notices through the foyer. They had to make a statement," Bohne remarks. "I like to hang lighting a little lower than what one might expect. This gives drama to a room."



**Light Fixture**, Restoration Hardware, [www.restorationhardware.com](http://www.restorationhardware.com);  
**Coffee Table**, Moe's Home Collection, [www.moeshome.com](http://www.moeshome.com); **Sofa**, BoConcept, [www.boconcept.com](http://www.boconcept.com); **Area Rug**, Homeowner's Own

“THE EXTERIOR ENVIRONMENT IS BROUGHT INTO THE HOME, ALMOST LIKE A PICTURE OF LANDSCAPE ART ON THE WALL.”

KARIN BOHNE, DESIGNER



**Space Designed by** Karin Bohne, [www.moeski.ca](http://www.moeski.ca); **Photography,** Amanda Oster, [www.provokestudios.com](http://www.provokestudios.com); **Hardwood,** Mejor through Divine Flooring, [www.divinehardwood.com](http://www.divinehardwood.com); **Paint,** Benjamin Moore Cloud White OC-130, [www.benjaminmoore.com](http://www.benjaminmoore.com); **Finish Carpentry Supplied by,** West Coast Moulding, [www.westcoastmoulding.com](http://www.westcoastmoulding.com); **Finish Carpentry Installed by,** Sumas Mountain Projects, [www.sumasmountainprojects.com](http://www.sumasmountainprojects.com); **Millwork,** TL Millwork Company; **Stone Slabs, Statuario Marble and Caesarstone Supplied and Installed by** Archstone Kitchens; **Tile,** Aeon Stone + Tile, Creekside Tile, [www.creeksidetile.com](http://www.creeksidetile.com); **Door Hardware,** Emtek through Bradford Hardware, [www.bradfordhardware.com](http://www.bradfordhardware.com); **Cabinetry Hardware,** Emtek through Bradford Hardware, [www.bradfordhardware.com](http://www.bradfordhardware.com); **Bar Stools,** Homeowner's Own; **Appliances,** Midland Appliances, [www.midlandappliance.ca](http://www.midlandappliance.ca); **Backsplash,** Aeon Stone + Tile, [www.aeonstonetile.com](http://www.aeonstonetile.com); **Cabinet Hardware,** Emtek through Bradford, [www.bradfordhardware.com](http://www.bradfordhardware.com); **Hardware Millwork,** TL Millwork Company; **Plumbing Fixtures,** Jewel Faucets, [www.jewelfaucets.com](http://www.jewelfaucets.com). **Light Fixture,** Restoration Hardware, [www.restorationhardware.com](http://www.restorationhardware.com); **Coffee Table,** Moe's Home Collection, [www.moeshome.com](http://www.moeshome.com); **Sofa,** BoConcept, [www.boconcept.com](http://www.boconcept.com); **Area Rug,** Homeowner's own



To the right of the foyer is the dining room. A plush oyster grey fabric embraces the chairs while Venetian-esque glass chandeliers glitter above the custom table which Bohne describes as “château inspired.” Next to the dining room is the kitchen. “The kitchen was intended to be streamlined, efficient and situated so that when cooking or entertaining the homeowner could literally host in the heart of the home,” Bohne says. “It was important to the homeowner that he could entertain and cook with family around.”

The breakfast nook, behind the kitchen, is a study in contrasts. Delicate white chairs snuggle a round dark wood table. Dark circles, as well as dark versus light contrasts are leitmotifs in accessories, lighting, mirrors, metal detailing and oak floors. The powder rooms and en-suite are ethereal light spaces highlighted by marble. Tsakumis advises “Just respect the stone, keep it clean and the stone will provide years of compliments from those that visit and enjoy it.”

The living room, with its 16 ft. ceiling, has a laid back West Coast vibe with its softly structured furniture, generous space, and windows that open to sweeping pastoral views. Tsakumis notes that his favourite room is the “‘Great Room’ — because it is wide open and a retreat from everyday chaos.” Tsakumis chose not to have window treatments in the home. “Without blinds I feel that the exterior environment is brought into the home, almost like a picture of landscape art on the wall.”

His family loves the house, but Tsakumis observes: “Nothing is perfect and none of us can be. But I have come to realize that a little taste of that in one’s sanctuary, can give clarity to the mind. In my opinion it can translate into a clearer life direction.”

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Works by cleaning blood from the inside, instead of attacking skin with creams or washes from the outside and leaving actual cause untreated.

**Actual Results.** **#After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell Help for Skin Disorders "saved my life". My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. Zach Lustgarten, 18, Oshawa, ON

**RED NOSE/CHEEKS ROSACEA** gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. Donald E. Gillespie, 56, Innisfil, ON

**PSORIASIS** **#I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Help for Skin Disorders, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. Jessica Shantz, 25, Dawson Creek, BC

**ECZEMA** For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. Andy Yuen, 58, Vancouver, BC



#23 NPN 80045172

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University of Toronto professor states that 69% of adults have sleeping problems. Bad sleep reduces physical and creative energy all next day. Almost all families are affected. Sleep apnea may cause high blood pressure, strokes, heart attacks and irregular heart beats. Can be very destructive in relationships. **Hundreds of true testimonials on the Bell website.** **#I really didn't snore** or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. Mark Wilson, 40, Hudson, NH **#Sleep apnea capsules worked first night.** For 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. Karen Braun, 67, Glace Bay, NS **#For 20 years I was waking up frequently** gasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking #23 sleeping 6 hours is heaven. It made a substantial change in my life. Mary C. Myrick, 62, Jackson, MS **#It is such a joy** not having to use the CPAP machine anymore. Wayne Burse, 63, Beamsville, ON



#60 NPN 80044199

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**President's own story:** 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. Nick A. Jerch

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# *Elegance*

that will last a lifetime

Designer Merick Gollan helps a family design a home to suit their busy lifestyle.

**Text**  
Betty Barkman

**Photography**  
Donna Griffith



“THE YOUNGEST DAUGHTER’S LOVELY BEDROOM, HAS JUST VERY RECENTLY BEEN ADAPTED FOR A GROWING CHILD, BY CHANGING UP THE BED BUT LEAVING THE REST.”

MERICK GOLLAN, DESIGNER

**Space Designed by,** Merigo Design, [www.merigo.ca](http://www.merigo.ca); **Photography,** Donna Griffith, [www.donnagriffith.com](http://www.donnagriffith.com); **Paint,** Benjamin Moore Anchor Gray 2126-30, [www.benjaminmoore.com](http://www.benjaminmoore.com); **Mobile,** Pottery Barn Kids, [www.potterybarnkids.com](http://www.potterybarnkids.com); **Chandelier,** Union lighting, [www.unionlightingandfurnishings.com](http://www.unionlightingandfurnishings.com); **Drapes,** Merigo Design, [www.merigo.ca](http://www.merigo.ca); **Drapery Fabric,** Designer Fabric Outlet

**Paint**, Benjamin Moore 2116-60 Touch of Gray, [www.benjaminmoore.com](http://www.benjaminmoore.com);  
**Bed**, Merigo Design, [www.merigo.ca](http://www.merigo.ca); **Swing Arm Lights**, Union Lighting, [www.unionlightingandfurnishings.com](http://www.unionlightingandfurnishings.com); **Night Table**, HomeSense, [www.homesense.ca](http://www.homesense.ca); **Sheets**, Au lit, [www.aulitfinelinens.com](http://www.aulitfinelinens.com);  
**Euro Shams and Shams**, Merigo Design, [www.merigo.ca](http://www.merigo.ca);  
**Drapery Fabric**, Ralph Lauren, [www.ralphlauren.com](http://www.ralphlauren.com); **Armoire**, Sarried Ltd, [www.sarried.com](http://www.sarried.com)

## COREY AND LAUREN MANDELL WITH THEIR LOVELY YOUNG DAUGHTERS

are the happy owners of this magnificent home. They are also a busy, energetic, hard-working family that deserves a haven like this to come home to. Cory owns and operates Camp Timberlane at Haliburton, north of Toronto, for some 500 children as well as Mandell Entertainment which produces and co-ordinates large scale corporate events. Lauren at 35, is a stay-at-home mother of three.

"We needed a changeable space. A young family like ours grows fast." says Lauren. "I am a neat and organized person, so I wanted something that looked clean, yet I needed it to be warm and cozy as well as classy and upscale. Corey and I had different tastes, so although we both liked the more-or-less traditional house we had bought, when it came to designing and redecorating it, we realized quickly that we needed help. That's where Merick came in and we are so lucky we found her."

Talking with Merick Gollan of Merigo Design Inc. quickly endorses that sentiment. It's obvious that she loves what she does and does what she loves. She puts herself right into the heart of the family's situation and visualizes things from their viewpoint. In this case a young family just expecting their third child will clearly need spaces that can change rapidly from nursery to toddler to Kindergarten without losing its elegance and creating rooms that will keep their sparkle as the family grows.

Merick likes to choose colour that travels throughout the house; a colour you love and that will provide consistency. In the Mandell's case, it is sable.

“THE MIDDLE  
DAUGHTER'S BEDROOM IS  
THE MOST FRENCH COUNTRY  
ROOM IN THE HOUSE.”  
MERICK GOLLAN, DESIGNER





The Mandell family enjoys entertaining friends and family; Lauren loves to cook homemade meals with a flair; somewhat traditional with a twist of gourmet. Merick designed the dining room accordingly, creating a textural space that's both warm and bright. The table is always open for twelve and can be easily stretched to sixteen. The room itself is fairly neutral, but pops of colour are brought in via floral arrangements and dishes, which can be changed seasonally.

One of the challenges the Mandells faced was their basic differences. Corey prefers a modern look, while Lauren's style is French country with a strong leaning towards traditional elements. To the young mother, feeling cozy and comfortable was a high priority. Both of them wanted elegance though, an adaptable, flexible kind of elegance. And Merick rose to the challenge. Her expertise shining brightly as she skillfully integrated all of the above until you could barely tell where one began and the other ended.

Merick says, "Design is livable art. It unites vision, elegance and idealism with practical, functional individuality." and it appears she is telling the truth.

The Mandell family loves their decorated home. It is their haven and their place of joy.



**Wallpaper**, Ralph Lauren, [www.ralphlauren.com](http://www.ralphlauren.com); **Paint**, Benjamin Moore CC 490 Stone Hearth, [www.benjaminmoore.com](http://www.benjaminmoore.com); **Chairs**, Merigo Design, [www.merigo.ca](http://www.merigo.ca); **Chair Fabric**, Kravet, [www.kravet.com](http://www.kravet.com); Calvin Klein, [www.calvinklein.com](http://www.calvinklein.com); **Chandelier**, Currey and Co., [www.curreycodealers.com](http://www.curreycodealers.com); **Drapery Fabric**, Kravet, [www.kravet.com](http://www.kravet.com); **Buffet**, John Richard, [www.johnrichard.com](http://www.johnrichard.com); **Wallpaper**, Ralph Lauren, [www.ralphlauren.com](http://www.ralphlauren.com); **Table**, John Richard, [www.johnrichard.com](http://www.johnrichard.com); **Scones**, Hudson Valley, [www.hudsonvalleylighting.com](http://www.hudsonvalleylighting.com); **Runner**, Y & Co, [www.ycocarpet.com](http://www.ycocarpet.com); **Flower Image and Framing**, PI fine art, [www.picreativeart.com](http://www.picreativeart.com)

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**Bloomsbury Fine Cabinetry**  
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### **What would you say has been your most successful project?**

We staged a home that sold for \$200,000 over asking price within a few days. The homeowner invested \$25,000 to get the home ready for the market and my team and I spent that money in the right areas to get the biggest return.

### **What is one thing you wish all homeowners knew about staging?**

Staging DOES work! The cost of staging is less than a price reduction. Those who understand the impact of staging get amply rewarded.

### **What is your favourite part of the staging process?**

My favourite part is the planning after the initial consultation. We style the home to target the right buyer and showcase the home's finest features. I love seeing the final product come together and seeing the client's reaction to the transformation.



## **The Do's & Don'ts of Hiring a Home Stager**

### **DO hire a professional.**

Home buyers want a home that is ready to move into. They don't have emotional attachments to your personal items and they will notice issues that you have overlooked. A home stager will look at your home the way a potential buyer would and alert you to issues that would cause a buyer to lower their offer or skip your home altogether.

### **DO ask for references.**

References and testimonials from past clients are one of the best ways to judge the value your home stager can bring to the table. Ask for examples of successful stagings. Be leery of any home stager who is unable or unwilling to provide you with references.

### **DO view a portfolio.**

Before and after photos are important because they demonstrate the real difference the home stager made in past projects. Some companies will provide stagers with "ready-made" profiles, so make sure the

profile you are viewing is actually the work of the stager you are hiring. Your stager should be able to answer detailed questions about the projects in their portfolio.

### **DO pick someone familiar with your area.**

A home stager needs to be able to do more than just decorate. They need to target the right buyer for your home and your neighbourhood. A staging professional with a proven track record in your area understands the local real estate market. They can tell you what homes usually sell for in your area and for how long they are generally on the market.

### **DON'T focus on price.**

A home stager's services can raise the final selling price of your home by \$10,000-\$70,000 or more. Choosing a home stager based solely on price may result in tens of thousands of dollars in lost profit. Instead, focus on the home stager's proven track record, portfolio and references.



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Glen Peloso and Jamie Alexander have searched the country to find the trendiest buys for your home. Here are a few of their favourites.



## Kitchen

**Product** Bloomsbury Kitchen  
*"Fantastic combination of paint, stains, metals and stone. A classic beauty."*  
 (www.bloomsburydesign.com)

## Concrete Tile

**Product** Concrete Geometric Tile  
*"Retro beauty in great patterns and amazing colour. Love!"*  
 (www.versatileinc.ca)



## Cook-top

**Product** Thermador Freedom Induction Cook-top  
*"It gives you freedom to move and the power of gas."* (www.thermador.ca)



## Faucet

**Product** Moen Boutique SS Pull-down  
*"Sexy curves at a great price!"*  
 (www.moen.ca)



## Coffee Maker

**Product** Jura Coffee Maker -  
*"Great lines, beautiful appliance. A coffee shop at home!"*  
 (www.ca.jura.com)



## Fridge

**Product** Panel recessed fridge from Bloomsbury Fine Cabinetry.  
*"Perfect camouflage to a basic appliance - woodworking perfection!"*  
 (www.bloomsburydesign.com)



## Marble Tile

**Product** Marble Mosaic Tile  
*"Classic beauty with artful composition. A brilliant finish to a kitchen!"*  
 (www.versatileinc.ca)



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