

# HOMES

SPRING EDITION 2012

FREDERICTON AREA



Design Trends | Bathroom Ideas | Flooring Options  
Pools & Saunas | Landscaping & Lawn Care  
Heat & Air Conditioning | Kitchen Updates

# www.Avondale

## Kitchens.com

### Fredericton Home Show

Fredericton Exhibition Grounds

Fri Mar 30---4pm-9pm

Sat Mar 31---10am-9pm

Sun April 1---11am-4pm

At your local upcoming home show stop by and see Avondale's Kitchen & Bath booth.

They are always highlighting new ideas and techniques to enhance your home and they do really enjoy meeting with their friends and clients.

If you have time sit in on one of the Avondale slide shows, "Before's and After's, kitchens with the "Wow Factor !"

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Suzanne Lawrence  
at the Avondale Kitchens booth  
at your Local Home Show

Mar 30 to April 1 2012 Fredericton Lifestyles Home Show  
Exhibition Grounds Fredericton NB

### Fredericton Home Show

Friday -----Mar 30 4:00pm to 9:00pm

Saturday----Mar 31 10:00am to 9:00pm

Sunday----April 1 11:00am to 4:00 pm

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

# The Heating Market Is Changing ...

Key Factors in the changing market:

- Energy Costs: forever rising costs of fossil fuels due to increasing demand and fixed availability
- Environmental Concerns: efforts to reduce greenhouse emissions and energy consumption, ultimately reducing the negative impact on our ecosystem(s)
- Incentives: the time has never been better to be green. There are many incentives/rebates for property owners to upgrade to greener options.



## Environmental Impact

Mass of carbon dioxide emitted per quantity of energy for various fuels<sup>[85]</sup>

Fuel name	CO <sub>2</sub> emitted (lbs/10 <sup>6</sup> Btu)	CO <sub>2</sub> emitted (g/10 <sup>6</sup> J)
Natural gas	117	50.30
Liquefied petroleum gas	139	59.76
Propane	139	59.76
Aviation gasoline	153	65.78
Automobile gasoline	156	67.07
Kerosene	159	68.36
Fuel oil	161	69.22
Tires/tire derived fuel	189	81.26
Wood and wood waste	195	83.83
Coal (bituminous)	205	88.13
Coal (subbituminous)	213	91.57
Coal (lignite)	215	92.43
Petroleum coke	225	96.73
Coal (anthracite)	227	97.59

Source:  
[http://en.wikipedia.org/wiki/Greenhouse\\_gas#Carbon\\_dioxide\\_emissions](http://en.wikipedia.org/wiki/Greenhouse_gas#Carbon_dioxide_emissions)

This table displays the mass of Carbon Dioxide emitted in pounds per every 10,000,000 BTU/hr's of energy produced. 10,000,000 BTU/hr's may sound like a lot of energy, but over a heating season for an average household in this climate, it could be reached. The average oil-fired boiler has a COP of 85%, take the 161 lbs of CO<sub>2</sub> emitted from fuel oil, and divide by 85%, and we get 189.41 lbs of CO<sub>2</sub> per heating season for that one household. Now lets look at using a Daikin 4MXS Heat Pump with 3- 12,000BTU & 1- 9,000BTU indoor units with an average COP of 3.18. We will use or energy from the Coleson Cove Generating Station which burns fuel oil & pet coke (Petroleum Coke – derived from Coal). We will assume that the power is coming from the burning of oil, just to compare apples to apples. Take the 161 lbs of CO<sub>2</sub> and divide by 3.18, yielding 50.63 lbs of CO<sub>2</sub> for the heating season.

**That is a 73.27% reduction in our carbon footprint!**

## Why Invest in a Daikin Ductless Heat Pump as opposed to a traditional heat source?

- Reduced operational costs, typically a 3-5 year payback period for a residential application, depending on the structure
- The ability to heat & cool the structure, as well as dehumidify
- Heating & Cooling Zoning Capabilities (each indoor unit can be set to an individualized set point)
- Energy Efficiency Upgrade Rebates



## Why Invest in a Daikin Ductless Heat Pump as opposed to a Central Ducted Heat Pump?

- Inverter technology. Conventional Heat Pumps Typically have a single or dual stage compressor. This means that for the single stage compressor, upon a call for heating or cooling, the compressor comes on at 100% capacity, even for the slightest call for heating or cooling. The dual stage compressor will come on at usually 50%-60% of it's capacity and if the call is not satisfied within a short time frame, the second stage will initiate and take the compressor to 100% of it's capacity.
- With the inverter, the system modulates the compressor. For example upon a call for heating or cooling, the compressor will come on at around 7% of its' capacity, then it will slowly ramp up. This causes the compressor to consume very little energy to achieve the setpoint.

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3 PORT (3MXSJVJU)

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 FREDERICTON AREA

## Contents

*The heating market is changing* .....3  
*More than PVC windows*.....9  
*Plan your renovations wisely using new consumer web portal*.....10  
*Nothing fuels drama in the kitchen like a Monogram Professional Appliances*.....10  
*How to prevent lawn damage*.....14  
*Top tips for an energy-efficient home*.....15  
*A new twist on bathroom basics* .....17  
*Little tricks keep your home always looking clean* ....18  
*Tips when hiring a landscape architect*.....19  
*How to stage your home to make the sale* .....20  
*Energy-efficiency - what's in a label?*.....21  
*Cookers much like wood fired ovens*.....21  
*Finding a better lifestyle* .....22  
*Advanced Fabrics has got you covered* .....24  
*Kitchen Talk - Home shows are a great way to get kitchen ideas.* .....26  
*Saps and hot tub create a affordable stay-cation* ....27  
*Automating backyard pool and spa*.....27  
*Five signs your roof might be wearing down*.....28  
*Designing your bathroom with an exceptional shower in mind*.....29  
*Transform your home with Spring decor* .....30



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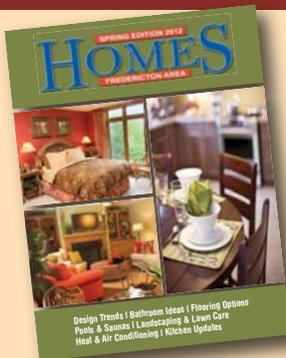
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# Kitchens, Custom Cabinetry, Fireplaces and More

## Company Profile:

PTW (Professional Touch Woodworking) established since 2000 and doing business primarily by reputation and word of mouth. PTW has worked itself into one of the premier kitchen cabinet shops in the Fredericton area. Working hand in hand with our clients, our mission is to blend our expertise and skilled craftsmanship, creating cabinetry unique to the individual client.

## Traditional Craftsmanship:

Using quality materials, our team of craftsman fashion raw material into cabinetry and fine furniture suited for every room in the home. From Kitchens to libraries to spectacular bathrooms, PTW remains the benchmark of taste and quality in cabinet design and craftsmanship. Not a large factory, PTW listens to their customers and their needs and will make suggestions to help refine the ultimate goal of a beautiful and functional project suited for the individual.

## Fireplaces:

At our showroom PTW Fireplace & Design Store, our fireplaces offer beauty, function and most of all warmth. We are more than just a fireplace store with complete fireplace and mantle packages. We bring our full service right into your home with our skilled cabinetmakers, gas technicians and WETT certified installers. We carry some of the top brands with a wide selection of styles to choose from. Heat In' Glo are leading the industry in innovation and technology. They have the patented firebrick technology offering an airtight seal with a very high insulation factor. Lennox and Lopi wood and pellet fireplaces are widely recognized for their dependability and quality. With many styles to choose from we are the choice for your home.

## Furniture and More:

PTW is please to welcome Ted Petrie of TED PETRIE'S FINE FURNITURE to its team of fine craftsman Whether your style is Traditional, Shaker, Art Deco, or Modern the result is the same: quality hand crafted furniture. PTW creates home furnishings one piece at a time. If you are someone who appreciates the quality of hand crafted as apposed to factory manufactured then give us a call. Our goal is to provide great design, great results with a personalized Service.



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# MORE THAN PVC WINDOWS

## WINDOWS FOR THE LONGHAUL

For over a decade now **Ultimate Windows and Doors** has been supplying and installing windows throughout New Brunswick. Since they started their goal has been to supply quality products at competitive prices. When it comes to windows they have focused on three different types of windows:

### PVC (Vinyl) Windows

PVC windows are the most prominent windows being used in our marketplace. Overall energy ratings for these units are very good, but in the long term with the expansion and contraction of PVC these ratings can be compromised, as seals distort, windows sag or twist due to the sun. In choosing a PVC window, be sure to opt for quality. One way to ensure you're purchasing a quality vinyl window is to look at window corner samples and be sure to select a unit that has a heavier gauge of PVC and many channels to make the window more rigid. As one of our PVC representative has said again and again, "If prices for a similar unit comes back 25% lower, it is more than likely a 25% reduction in the amount of material used in the window, which can lead to some pretty serious problems, especially in casement windows."

### FIBERGLASS

Fiberglass windows are the newest type of window to enter the marketplace. Fiberglass windows eliminate some of the problems encountered with PVC, namely it is 8x stronger than vinyl, it expands 9x less, and comes or can be painted dark colors without compromising the windows high energy ratings or performance. Fiberglass windows allow designers and architects to use larger units with less frame size and more glass than with vinyl. Also, fiberglass is a low VOC product that is environmentally friendly to produce. One can expect to pay 25 to 35 % more for fiberglass over vinyl.

### WOOD CLAD ALUMINUM

Aluminum clad wood windows have been used with great success for decades. Key features to look at with this type of window are: the type of exterior cladding, the fit and finish of the window, and even the history of the company making the window. These premium window units are commonly used for historic window replacements, modern style homes, and higher end homes where aesthetics and character are a must. We use Marvin Windows and Doors for our Clad and Wood units, which gives us the ability to handle the most difficult window jobs, with endless possibilities.

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## Plan your renovations wisely using new consumer web portal

(NC)—Renovating your home can be a dream come true, but without careful planning and oversight, it can also become a nightmare. It is no wonder that home renovation problems are consistently among the top consumer complaints across Canada.

If home renovations are on your list of things to do this spring, make the most of the planning phase by researching your projects first. It will save you time, money and a lot of frustration in the end.

One place you might want to start is Industry Canada's newly revamped portal, [www.consumerinformation.ca](http://www.consumerinformation.ca). The portal was developed in collaboration with federal, provincial and territorial governments, and non-government sources and helps Canadian consumers become better-informed so they can be more confident when they buy products and services.

The portal deals with a wide range of consumers issues, from cars to health and safety. The home renovations section includes links to useful and reliable consumer information that is worth checking out. Just click on "home renovations" in the "housing" section or type in "home renovations" in the search box on the home page. You will be able to obtain information specific to your province or territory so you only see results that are relevant for you.

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

## Nothing fuels drama in the kitchen like a Monogram® professional appliance.

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For a more detailed perspective on Monogram® appliances, visit us at [monogram.ca](http://monogram.ca). There you can find appliance design and installing information for the entire GE Monogram® Collection and are available by order at Worrall's GE Centre.



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# EXIT Realty Advantage

A safe passage – that’s what an EXIT is...a safe passage. It’s also the name of a real estate company in Fredericton that has caused quite a stir in the city since its beginning twelve years ago. You can see it for yourself – the signs are everywhere! Not just the teal signs that adorn properties on the real estate market, but actual “exit” signs. Researchers are now considering a change (already implemented in some areas) in the color of the emergency exit sign we have trusted for years – changing from red to teal. After all, red means stop!

In the years since becoming franchisees for EXIT Realty Corp. International, co-owners Philip Duplisea and Dave Sawler have experienced phenomenal growth. EXIT Realty now controls a large majority of the real estate market in Fredericton. So what is it that sets this business apart? It could be the powerful, state of the art training system that gives agents the know-how and initiative to be successful. It could be the addition of a third dimension approach to real estate. EXIT works for the buyers, for the sellers, and for their agents with a remuneration program designed to give the agents and their families more security. Or it could be its built-in mentorship, based on the inherent belief that it is successful agents that will make a successful company.

EXIT Realty is a Full Service Real Estate Company. A Full Service company doesn’t cost, it pays. EXIT’s Full Service marketing includes some of the following: consistent advertising in all mediums, flyers, signage, mobile marketing, billboards, strong websites, agent tours, open houses, International Referral Program, QR Codes, and home staging. More marketing results in more buyers exposed to the property, with the end result of more money.

EXIT’s sense of commitment to the community runs deep. They are actively involved with Habitat for Humanity, with a portion of all deal fees sent to EXIT International going to this charity. EXIT’s people are all hands on deck, volunteering their labor to building projects. EXIT is the major sponsor of 12 Hours for the Homeless. Agents and support staff build their own “houses” out of cardboard and sleep in them overnight in Officer’s Square. This fundraiser helps support the operation of Chrysalis House, a home for at risk homeless girls aged 16 to 19. They support many other local charities and non-profit groups, both individually and as a part of the EXIT family. Some projects are just for fun, like the 4,000 balloons the salespeople give out at the annual Christmas Parade. Fun with a little work. Ever try to blow up 4,000 balloons in a morning!! Their promotional activities, community involvement and “thinking big” have set benchmarks for EXIT brokerages across North America.

The EXIT Team is made up of WINNERS with excellent skills and reputations. The Sales Representatives are professional, ethical, hardworking and committed. They are actively involved in their community. They dream big and focus on affecting others in a positive manner every day. Of course, none of the tremendous success that has been experienced by EXIT could have been possible without the patronage of their many clients and friends. This continued support and loyalty has made EXIT one of Fredericton’s most successful Real Estate firms.





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# How to prevent lawn damage

Many homeowners aspire toward a pristine and lush lawn. For some a nice lawn gives them feelings of pride. Others believe a perfect lawn enables them to have the best-looking house in the neighborhood. Many homeowners spend hours outdoors perfecting their lawns or spend a good deal of money hiring professionals to make their lawn more appealing. But just because a lawn looks good now doesn't mean it will look good later. That's because delicate grass can be damaged by a number of different factors.

## Grubs

Grubs are not very lawn-friendly. Grubs are actually the larval stage of different types of large beetles. These worm-like creatures feed on the roots of grass and are able to kill large sections of the lawn in a relatively short amount of time. It can sometimes be difficult to discern whether grubs, drought or another other pest has damaged a lawn. One way to check is to grab a portion of the damaged lawn and attempt to peel it back. If it comes back easily like a piece of carpet, it's likely grubs. Spotting grubs underneath is a sure sign these larvae are killing the lawn.

Using an insecticide for grub control in July can help kill off grubs that start hatching in August through September. Grub eggs do well in sunny patches of lawn that are well watered. More shade may deter them. There's also the option of letting the lawn go dormant and not watering it, but you will be left with a brown, unappealing lawn.

## Pet Urine

Pets can also damage a lawn. Pet urine can create burnt patches and significant discoloration on the lawn, particularly if the dog or cat uses one area consistently as their potty zone.

The best way to prevent urine damage is to walk your dog so that he or she will not have free reign of the yard. However, sometimes dogs get out or stray cats and dogs visit your yard and relieve themselves without your knowledge. So this method is not foolproof. Therefore, you should take added action to maintain a lush lawn.

First, make sure that soil and lawn is in good health by fertilizing and tak



ing care of it properly. Second, water can dilute urine and neutralize its corrosive properties. Some have found that diluted urine can often act as a fertilizer to grass. You may have noticed that the outside ring of a urine-burned spot is often greener than the healthy lawn. Try to dilute the urine prior to 8 hours having elapsed for the best effect.

## Burrowing animals

Moles and voles are among the more common lawn damage culprits. Voles are small rodents that resemble mice but have stouter bodies, shorter tails and rounder heads. They feast on everything from bulbs, succulent roots, ground cover, and even dead animals in their paths. Their burrows enable them to move around relatively undetected, typically until the damage has already been done.

Moles, although they have a similar-sounding name, are not related to voles and look very different. They have a cylindrical body shape with velvety fur, very small or invisible ears and large paws for digging. Moles often feed on earthworms and other small invertebrates found in the soil. The burrows they create are essentially traps for the worms, who fall into the burrows, where moles easily access them. Moles often stockpile worms for later consumption in underground larders.

Voles can be kept away with natural vole predators, such as cats, hawks, owls and snakes. Mouse traps can also capture voles when baited. You

may also dig sharp materials or chicken wire into your soil around planting beds to make it uncomfortable for voles and moles to tunnel through.

Moles can also be controlled with traps. Finding active mole tunnels will help you place the traps effectively to either kill or simply contain the mole. The live animal can be relocated to a site where they won't cause trouble.

Lawn damage can occur through a number of different factors. Finding out the cause can help you find an effective treatment. GT124969

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# Top tips for an energy-efficient home

(NC)—As Canadians seek out new ways to reduce energy costs and help the environment, we are learning that our homes are often the first and best place to start.

“There are many ways to reduce energy costs within our homes,” says Kelly McCain, an executive with Royal LePage Canada. “Thankfully, technological advancements over the past decade have helped to shrink the cost keeping our homes comfortable—while adding to their resale value.”

To realize the biggest savings and return on your investment, McCain encourages homeowners to do their research and make their investments in four key areas:

Invest in newer technology central heating and cooling systems. With as much as 60 per cent of your annual energy costs going toward heating and cooling your home, it makes sense to invest here. Heating and cooling systems built more than 15 years ago were likely built to last, not to be energy-efficient. Today, furnaces are more than 90 per cent efficient, a 40 per cent increase in energy efficiency over those built several decades ago.

Insulate your attic. We know that heat rises and, yet, as homeowners, we often overlook the potential for energy savings in our attics. Improving or upgrading your attic insulation can save you up to 30 per cent on energy costs. Attic insulation is relatively inexpensive and easy to install, and you can often do it yourself.

Let the light in during winter and block it out during summer. You can reduce the amount of energy in rooms throughout the home simply by opening shades, blinds and valances to allow natural light to come in during the cooler months, then closing them during the warmer months to shield the sun's rays.

Draft-proof your home. Get an energy audit and an auditor will conduct a blower door test to identify all leaks. You can also do this yourself with a stick of incense to find cracks and leaks as you watch the smoke move at drafty areas. Seal cracks with caulking and install weather-stripping as needed.

Additional home improvement ideas are available online at [www.royallepage.ca](http://www.royallepage.ca).

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



## Donna E. Mitchell

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# Environmental Moments



## **Does the FRSWC recycle glass? No!**

- **Glass is not recycled at the FRSWC, but is part of your every day garbage.**
- **Glass is made from silica (sand) and does not pose a threat to groundwater, surface water or Soil.**
- **Glass does not produce methane or CO<sub>2</sub> emissions when landfilled.**
- **Net effect of glass diversion is minimal at best.**
- **FRSWC sorts all recycled materials by hand causing safety concerns for haulers and sorters.**
- **Broken glass would contaminate other recycle materials.**

**1775 Alison Blvd.  
www.frswc.ca  
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# A new twist on bathroom basics

(NC)—According to a recent study by Bath Fitter, 84 percent of consumers want to change something about their current bathroom, and less than 44 percent are satisfied with their current space. No need to fret; there are simple ways to add a creative twist to the bath just by switching or adding a few items.

Faucets, sinks, showerheads, towels and soap—these are just the basic necessities of your master bath. But not all products are created the same. Check out these new innovations from Moen to add an updated twist to bathroom basics.

## Twist and Shout with a Handheld Shower

Are you sick of the same old shower experience? Now you can bring a revitalized change to your daily routine with the new Twist Handheld Shower. Twist allows you to easily switch amongst the four spray settings with one hand—all without having to touch the water flow - to create your very own showering experience. It offers a transitional style that coordinates with most bathroom décor and is easy to install. Twist is ideal for bathing children or pets, and for cleaning your bathtub or shower.

## Creative Curved Shower Rod

Do you ever get into your shower and feel a bit...claustrophobic? Add more than five inches of elbow room in the shower with a new Double Curved Shower Rod. The double-bar design lets you utilize separate bars for the shower liner curtain and decorative shower curtain; or it can provide an extra bar for hanging towels or other daily essentials.



## Simple Space Solution

No matter how organized your bathroom, it's always tough to find a place for the many daily necessities that we want at our finger tips. Now you can easily keep these items within arm's reach—yet off the vanity—with innovative Shower Rod Hooks. These ingenious, S-shaped hooks snap right onto your shower rod to offer convenient access for a variety of items, such as clothing, jewelry, towels, travel bags and more.

To add more character to your bathroom, add an unconventional twist. More information is available online at [www.moen.ca](http://www.moen.ca).

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



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## *Little tricks keep your home always looking clean*

(NC)—We've all seen it: the home of a friend, relative, or neighbour that looks like the pages of a design magazine. Nothing is out of place, and then, often green with envy you return to your home to find dust bunnies, food crumbs, and splatters of toothpaste on the bathroom mirror. How do some people work all week and still find time to clean? Surely, they must be scrubbing all weekend.

The truth is, homeowners can keep their homes tidy during the busy work



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week with just a few simple tips. That way, you can relax on the weekend. Soon enough, you'll be showing envious guests around your own spotless home. Here's how:

### Tips for the kitchen

- Wipe up cooking messes from the stove top or counters immediately after they happen, before they dry and become difficult to clean.
- Use a damp sponge and a cup of water boiled in the microwave to wipe away crusted food stains.
- Consider using a robotic vacuum to keep floors free of dirt, dust, food particles, and hair while you finish other chores or watch TV.

### Tips for the bathroom

- Keep a squeegee handy to wipe windows, mirrors, and counter surfaces after a shower to keep them sparkling.
- The touchless faucet is both practical and chic. Ideas are available online at [deltafaucet.ca](http://deltafaucet.ca). Take a look at Delta's Lahara or Addison with what they call, Touch 2O.xt Technology. Faucets with the option for hands-free activation can ensure that sticky or greasy toiletries are not transferred to the faucet handle, minimizing weekly cleaning tasks.
- Use an automatic toilet bowl cleaner that you can set and forget while still keeping toilet bowls fresh all week long.

### Around the House

- Fifteen minute power cleaning or de-cluttering sessions, done a few times a week, can help to cut down on out-of-control messes. Pick one small space to attack each time, and you'll be surprised how it helps keep household clutter under control.

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

# Tips when hiring a landscape architect

A well-maintained landscape is important to many homeowners. In addition to adding to a home's aesthetic appeal, a lush landscape can also help increase a home's resale value. Oftentimes, homeowners without much experience tending to lawns and gardens hire a landscape architect to do the job for them. First-time homeowners on the lookout for a landscape architect should consider the following tips to make the most of that process.

\* Find a professional who will work with you. Though you might not plan to do any of the landscaping or gardening, that doesn't mean you won't have a vision of what you want the property to look like. A landscape



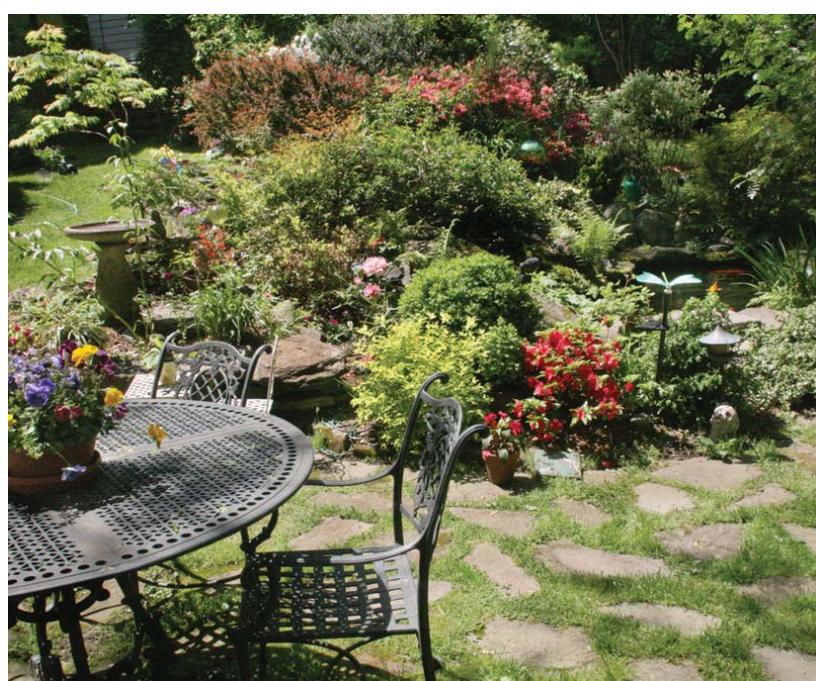
architect should be receptive to your ideas and willing to work with your vision while keeping the channels of communication open throughout the project.

\* Look for a professional with some experience. A landscape architect should be ready and willing to discuss his or her previous work experience. Ask to see photos of previous work or even local addresses where work was done so you can see the finished product in person. Landscape architects without extensive work histories aren't necessarily unqualified, but homeowners should weigh the projects such architects have completed considerably.

\* Discuss subcontractors. Some landscape architects will handle the project entirely on their own, while others might subcontract part of the project. Determine who will be performing the project and how the hiring of subcontractors might affect the cost of the project.

\* Discuss fees and get a fee schedule. How the project will be paid for is an important thing to discuss when interviewing landscape architects. Each contractor might have a different fee structure, so you will want the one that's best suited to you. If a series of payments will be made, get a fee schedule so there's no confusion down the road.

\* Get references. A professional landscape architect should have a list of references at the ready for potential customers. When contacting ref-



erences, be sure to ask how satisfied they are with the finished product and how the project went with regards to scheduling and fees. When talking to a previous customer, also ask how amenable the landscape architect was to their ideas and how much he or she involved the homeowner in the project.

\* Make sure the contractor is licensed. In many communities, landscape architects must be licensed. This information is public, so always verify if a landscape architect is licensed prior to making any final decisions or signing a contract. GT124975



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# How to stage your home to make the sale

(NC)—The “For Sale” sign is up, and the open houses are scheduled. The hard work of purging, patching, painting and pruning is behind you, so now comes the fun part—staging your home.

Not so fast, says Royal LePage executive Yvonne Ratigan. “Homeowners need to step back and take an objective look at their house,” she says. “Too often, our homes tell too much about us. In fact, what we need to do is create an environment that says something about the space and how it can be used.”

To make the biggest impact with potential buyers, Ratigan recommends these five tips for last-minute staging:

1. Remove all personal items from display. Family photos, fridge 'art' and awards should be stowed away so that buyers can picture themselves in your home.
2. Arrange furniture to provide a sense of spaciousness. Instead of four chairs at your kitchen dining area, opt for just two. Add a mirror to the front hall to help with a grand entrance. Remove knick-knacks from a dining hutch and replace with a simple white bowl.
3. Choose neutral linens for beds and bathrooms. Rather than patterns and prints, opt for neutral solid colours.
4. Let the light shine in. Open window coverings and consider adding extra lighting where needed, using floor and table lamps.
5. Make every room tell a story. Rooms and outdoor spaces should be staged to provide a sense of how the space could be used. For example, two patio chairs on a front porch tells a story of watching the world go by.

In addition to these tips, Ratigan recommends asking your real estate agent to recommend a professional home stager. “Having an objective view from someone who is not as attached to the home as you are is very important,” she says. Additional information about how to stage your home can be found online at [www.royallepage.ca](http://www.royallepage.ca).

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# Energy efficiency —what's in a label?

(NC)—Due to an increased interest in green building and energy efficiency, a number of “green” labels have been developed.

But how do you know if the green label can also determine the energy efficiency of your home?

Natural Resources Canada's (NRCAN) Office of Energy Efficiency (OEM), offers three energy efficiency labels that help you, the homeowner, go green and cut down on energy costs.

The EnerGuide rating label is NRCAN's established rating system for the energy rating and labelling of products—mostly appliances—but also homes. An EnerGuide rating shows you (and future buyers) exactly how energy efficient your new home was at the time of construction.



The R-2000 label certifies a home as one of the most energy efficient on the market. Over the past 30 years, thousands of Canadians have chosen these energy efficient homes that have helped them save money, enjoy healthier indoor air and take positive steps for the environment. Experts agree that choosing an R-2000 home is a great way to minimize your ecological footprint by reducing your share of greenhouse gas emissions.

An ENERGY STAR qualified home label on a new house indicates lower energy demand and better overall performance of the home. The initiative promotes guidelines that builders use to construct energy efficient new homes and is available in various regions across Canada. ENERGY STAR has become a well-recognized and respected brand.



If energy efficiency is something you want to incorporate into your new home, you can go to the NRCAN website at [www.newhomes.nrcan.gc.ca](http://www.newhomes.nrcan.gc.ca) or call 1 800 O-Canada (1 800 622-6232) for more information on the various energy efficiency programs that are available in Canada.

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

## Cookers Much Like Wood-fired Ovens

A kamado is a traditional Japanese wood or charcoal fired earthen vessel used as a stove or oven. Modern versions, such as Kamado Joe, are sold to individuals who demand more from their barbecue than traditional metal gas or charcoal grills.

Clay vessels have been used by humans to cook food for many thousands of years. Clay cooking pots have been found in every part of the world and some of the earliest dated by Archaeologists to be over 3000 years old have been found in China. It is believed that in these circular clay cooking vessels are the origins of the modern kamado albeit the clay finally being superseded by ceramic materials. Kamado grills are generally fueled by charcoal. One of the claims of the ceramic construction is that there is no flavour contamination (metallic taste) to the cooked food and for the same reasoning, lump wood charcoal is the preferred choice for modern kamado cooking. Not only does lump charcoal create little ash, the alternative charcoal briquettes contain many additives that can contaminate the flavour of the food. Lump wood charcoal can be manufactured in an environmentally sustainable manner using the technique of coppicing.

Kamado style ceramic cookers are extremely versatile. Not only can they be used for grilling and smoking, but pizza can be cooked on a pizza stone and bread can also be baked. This is by virtue of the excellent heat retention properties of the ceramic shell that mean temperatures of up to 750 °F can be achieved. Also, due to the precise control of airflow (and thus temperature) afforded by the vent system, Kamado-style cookers are much like wood-fired ovens and can be used to roast and bake anything that can be roasted or baked in a traditional oven.



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# Finding a Better Lifestyle



Steve Stairs has been a contractor in Fredericton for 25 years, working with the public. He has found Fredericton to be a home to him. Also, wanting to invest in Fredericton, he built a 42-unit apartment building on Waggoner's Lane 12 years ago and sold it five years ago, and he wanted to reinvest in an adult community that he, too, would like to live in, close to all amenities in a park-like setting.

Working with ADI and the City of Fredericton, he found the right combination of types of housing designs for an adult community. Steve has also designed his own home to build in the community.

"We wanted to create an adult community where people could maintain the freedom of owning their own home, but without worrying about things like lawn mowing, snow removal, or the security of their property," Steve said.

He began building Rainsford Gardens, a neighbourhood with a unique blend of executive homes, garden homes, townhouses, and condominiums. Located just off Prospect Street West, the development offers a sweeping view of much of Fredericton and the river valley.

"We didn't want it to be one of those cookie-cutter developments, so there's a lot of variety," Steve said. "There

aren't many developments that can offer everything from garden homes to executive homes and condominiums in the same development, and we also wanted to make sure each property is a unique construction. Each home is different, and that sets us apart from other developments."

Garden homes offer a tailored floor plan, 1,500 to 2,000 square feet of living space and a one- or two-car garage. Townhouses offer up to 2,200 square feet of living space, with garage and patio. Executive homes are larger, stand-alone homes, custom built on individual lots. All are built to high energy efficiency standards.

The condominium complexes will be completed in Phase II of the development, and will consist of four-storey buildings with a total of 160-180 condominiums. The buildings will feature indoor swimming, a separate lodge for community functions, storage units, underground parking, and a compound where residents can store their Winnebagos, boats or travel trailers.

Steve said with a variety of living choices that combine the freedom of homeownership with convenient maintenance options, Rainsford Gardens is becoming known for its comfortable, adult lifestyle.

"We think of it as a 'premier adult living community.' By coming to Rainsford Gardens, people can simplify with luxury," he said.

For a small monthly maintenance fee, residents can have Rainsford Gardens staff attend to all their snow removal and lawn care needs and, as the project moves into Phase II with the construction of the condominium complexes, full-time security staff will patrol the neighbourhood regularly.

Steve said it is particularly gratifying for him to see how Rainsford Gardens has taken on a life of its own in the past few years.

"The people here have really turned this place into a community," he said. "A couple of years ago, some of the people who live here, all on their own, held a community picnic in the park. They had a barbeque and a corn boil, and it was great, so now they do that every September."

Steve said it's a testament to the appeal of the community that the few homeowners who have decided to sell their property at Rainsford Gardens have done so only to purchase larger properties in the development.

"The few re-sales that we've had have been people upgrading their property in the community," Steve said. "That tells you they're happy here. And in each case, the re-sale happened very quickly."

Steve said he has forged personal relationships with some of the residents - not only as the developer, but also as a neighbour. One of the homeowners who sold to upgrade to a larger property found an old-fashioned neighbourly way to say thanks.

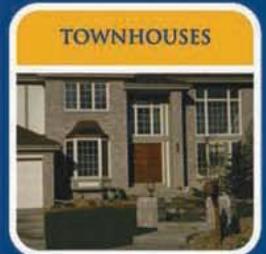
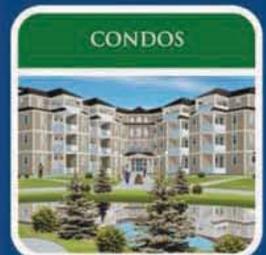
"That lady baked cookies for me for about a year," he said. "And during construction, she would bring cookies out to the workers to enjoy on their breaks. You wouldn't get that everywhere. This is a different kind of place."

For more information about Rainsford Gardens, visit [www.rainsfordgardens.com](http://www.rainsfordgardens.com), or call Steve Stairs at (506) 454-3363.

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# Advanced Fabrics has got you covered



Imagine hosting a wedding at your home with hundreds of guests, complete with a band on stage, a buffet table with delicious food in chaffing dishes, gossamer decorations spiraling down from the ceiling, and the bride's grandmother cutting a rug on the dance floor.

Even if you're thinking that would be nice, you may be intimidated by the significant challenges to hosting such an event at your home. Your living room likely only seats five or six, a buffet table would take up the whole kitchen, and who has enough dishes to feed a few hundred people?

But Mitch Bongard and his staff at Advanced Fabrics have been making this dream a reality for over 27 years with a selection of tents and special event products that can bring



any occasion to life right in your own backyard.

"Whether it's a wedding, anniversary, graduation - whatever the event - people are always amazed the first time they walk into one of our tents," Bongard said. "We provide everything, right down to the forks to eat the wedding cake, and the event takes on an atmosphere all its own, which really adds something unique to the occasion."

In addition to tent rentals of all sizes, Advanced Fabrics also rents chairs, tables, sets of dishes and flatware, glasses, water pitchers, coffee and tea urns, tables, podiums, stages and speaker systems.

"We have everything you need to host a formal event, but we have a lot of fun things such as bouncers in various sizes for inside or outside, party games for young and old, popcorn, cotton candy and sno cone machines with a full range of supplies to satisfy any sweet tooth," Bongard said.

In addition to special events, the company is known across Atlantic Canada as the premier source for commercial and residential awnings.

"Awnings can enhance the architecture of any home, but they're not just decorative. They can conserve energy by shading windows and reducing

indoor temperatures. They protect drapes and furniture from undue fading, and can be used to extend your living space over pools and patios, grilling or lounging areas."

Bongard said that while the company's awnings come in a full range of attractive colours and patterns, they're also durable enough to withstand many seasons in the harshest elements.

"Another great way to increase your living space is with one of our screened rooms or add-a-rooms," he said. "The add-a-room consists of an overhead awning, attached to any external wall and surrounded by screened walls. We also have a line of gazebos that offer a cool solution for hot days and pesty insects."

In addition to innovative ways to extend the living space of your home, they also offer products to help protect and extend the life of your vehicles.

"We offer portable garages in many sizes, to accommodate cars, trucks, RV's and boats," Bongard said. "And if you have a boat, whether you're traveling with it, storing it for the winter or just protecting it from the elements, a boat cover is essential, and we offer hand-crafted, custom-made covers to meet all your boating needs. We also carry framing and accessories. Our new enhanced building with 11,400 square feet of space can handle tractor trailers, gravel trucks, boats, RVs and campers for all your tarp, canvas and upholstery needs."

"In the last few years, we have expanded our business and are offering on-site and off-site storage. We also offer winter storage for RVs, trucks, cars, bikes and boats," added Bongard.

Whether you want to create some extra living space to complement your home, or host a special event you will remember forever, Mitch Bongard and the team at Advanced Fabrics have got you covered. For more information, visit their website [www.advancedfabrics.ca](http://www.advancedfabrics.ca) or call 506-459-5858.

# TRAVEL-SAVVY SNOWBIRDS, ADVENTURERS, AND FAMILIES EXPLORE BIG INTERNATIONAL ATTRACTIONS FOR LITTLE OR NO COST

When vacationing with children, partners or simply exploring on your own, the costs of even a single visit to a popular tourist attraction can add up quickly. One of the best global travel values is available through New Brunswick's science centre, Science East, located in Fredericton. Four years ago, they joined an international partnership network with some of the most sought-after tourist attractions in the world. In almost every state and province in North America as well as 15 countries, Science East is now able to offer New Brunswick residents free general admission to over 300 partner centres.

Many Science East members are surprised that admission fees can be waived at so many attractions when they travel. There are 23 venues in Florida state alone where you can use your Science East membership card. These include the Imaginarium Hands-On Museum & Aquarium, Miami Science Museum, the Astronaut Memorial Planetarium & Observatory and many more. Resident snowbirds and retirees often enjoy visits from their Canadian children and grandchildren during winter months when they travel to warmer climates. Grandparents Membership at Science East offers snowbirds the chance to share memorable experiences,

adventure and discovery with their families with little or no cost in many cases. Science East membership is open to all New Brunswick residents.

By the time the young Bjerkelund-Meeg Family travelled briefly to Florida in 2011, their membership had already paid for itself through several visits with their son to Science East. At the Museum of Science & Technology (MOSI) in Tampa, the Bjerkelunds gained free entrance for the whole family, a value of \$60. "The museum had tons of really engaging hands-on exhibits and activities including the front end of an old cargo jet you could sit in and work the pilot and engineer's controls. Great museum experience!"

Why would these successful attractions offer free admission and forgo valuable entrance fees? If every partner organization can offer global travel benefits as an incentive for individuals to buy membership, then all attractions involved can do more for their customers. As a registered Canadian charity, contributions and membership fees allow Science East to provide hands-on exhibits, programs and services which inspire and inform people across New Brunswick in science and technology subjects.

## Travel plans?

**Receive free general admission to over 300 of the best Canadian, U.S. and international attractions**

Science centres, museums, aquariums, and botanical gardens are unique, exciting attractions that make vacation memories for a lifetime....Discover more and spend less through the membership benefits of New Brunswick's science centre.

Science East Science Centre's family membership admits 2 adults & 2 children **free to Science East & 300 attractions worldwide** for a full year! The cost? \$75. Adult, senior, student or grandparent memberships also available.



Get the free mobile app at <http://gettag.mobi>

To match your destination with our list of partner attractions scan the QR code above or visit our membership section online.

# "Kitchen Talk" BY Jim Lawrence

## Home shows are a great way to get Kitchen ideas.

It's that time of year again! Next weekend is Home Show time. Now is when you can not only see, touch and feel what is new and available in the market place, but it also is a place where you will likely bump into a lot of friends and family, because they will be there too.

Home shows have got to be the best place to check out kitchen ideas. The latest and greatest will be there.

For instance you can actually see the [www.AvondaleKitchens.com](http://www.AvondaleKitchens.com) very special affordable seamless counters. Not only do they look great on a new kitchen, they are also available on kitchen counter top replacements. If that's not for you then you can move up to real granite, and there will be lots of suppliers with granite on display, so you can compare the products.

A few helpful tips about the Home Shows. Take along with you a few address stickers or cards in case you want the supplier to get back to you. Also when you get there check out the seminar board since there are ongoing seminars all day at the show. Maybe you want updates on Lawn care, getting financing or check out Avondale's "Kitchens with the WOW-Factor---great before and after". Oh yes, don't forget wear comfortable shoes. See you there!

This article was written by Jim Lawrence of [www.AvondaleKitchens.com](http://www.AvondaleKitchens.com)  
Jim and the Avondale staff will be at the Home show all next weekend at the

Fredericton Exhibition Grounds  
Friday Mar 30 4:00pm to 9:00pm  
Saturday----Mar 31 10:00am to 9:00pm  
Sunday-----April 1 11:00am to 4:00 pm  
so drop in and say Hi.



# Spas and hot tubs create an affordable stay-cation

# Automating the backyard pool and spa

(NC)—With today's spiraling cost of gasoline and stricter security procedures when traveling, relaxing in a backyard spa or hot tub is looking better than ever.

Owning a spa is no longer considered a luxury in today's frustrating, fast-paced world—it has almost become a necessity as an estimated 455,000 spa owners in Canada can attest.

Maintaining a spa is not expensive either—with spa owners often saying that they pay less for chemicals, water and electricity than they anticipated. By using a well-fitted, insulated rigid safety cover, you can substantially reduce evaporation from a spa, which means reduced heating costs and less chemical usage, helping to keep costs down.

If you have already purchased a spa and are looking for the best place to install it, look for an area in the backyard with a scenic view. A location with an unobstructed view of a flower garden, water feature or nearby wooded area will provide a focal point for bathers in the spa and for those gazing at the hot tub from inside the house.

Make sure the location is easy to get to—the general rule of thumb is the closer to the house the better. Ask yourself the following questions - is the location private? Will you have to screen out the view of surrounding homes or nearby traffic? Where will bathers change?

For added privacy, convenience and aesthetic appeal, wooden/fabric gazebos and cabanas can be used as change rooms. Some permanent enclosed structures are even large enough to enclose an entire spa, with room to spare for dining and food preparation areas and equipment storage rooms.

Distinctive lighting is another way to create a special mood outdoors in and around a hot tub. LED lights, both underwater and around the hot tub cabinet, can produce an array of colours in a gentle colour transition or in a dynamic pulsating colour display for entertaining.

Many spas also come equipped with illuminated waterfalls or 'geyser'-type fountains—giving you your own sound and light show. With a spa or hot tub, the possibilities are endless.

More information is available online at [www.poolcouncil.ca](http://www.poolcouncil.ca) or toll-free at 1-800-879-7066.

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

(NC)—New programmable control systems have made operating and maintaining pools and spas as easy as pushing a button. Capable of being operated from inside the home, a programmable control system eliminates the need to walk outside to turn the equipment on and off or to make adjustments to pool or spa operation.

These high-tech control devices feature a control panel that displays the operation status of pool and spa equipment, as well as permitting control over water and air temperature, sanitizer levels, salt chlorine operation, water features and lighting.

Some automatic control systems allow you to operate pool and spa equipment from inside the home or office using a desktop or laptop computer, while other systems use colour touch screen devices such as PDAs and hand-held tablets for remote monitoring and control of pool and spa functions.

Automatic pool and spa control systems also allow you to eliminate over- or under-dosing the sanitizer level in the water and can help you reduce energy costs by operating some functions at off-peak hours when energy is less expensive.

Depending on the model, automatic pool and spa control systems can also be interfaced with home automation systems that control the home's indoor and outdoor lights, heating, air conditioning and home alarm system for a totally integrated, centralized control system.

More ideas on how to automate your pool or spa are available online at [www.poolcouncil.ca](http://www.poolcouncil.ca) or toll-free at 1-800-879-7066.

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# Five Signs your roof might be wearing down

Replacing a roof is a costly venture few homeowners look forward to. According to Remodeling magazine's 2010-11 "Cost vs. Value" report, the national average cost of a roof replacement is nearly \$22,000, a costly endeavor considering the tenuous nature of the economy. What's more, homeowners who choose more upscale roofing materials can expect to spend almost \$40,000 on their roofs.

Such costs make it no small wonder that many homeowners fear the dreaded diagnosis that their home needs a new roof. While there's little homeowners can do to reduce the cost of a roof replacement, there are warning signs homeowners can look for that might indicate a roof replacement is on the horizon. Recognition of these signs can help homeowners be more financially prepared should the day come when the roof needs to be replaced.

## 1. The presence of algae

If the roof has lots of dark streaks and stains clinging to it, that is likely algae, which can grow on the roof for quite awhile. Algae does not necessarily do any damage to a roof, but it does do some damage to a home's physical appearance, as algae on the roof is not very pleasing to the eye. Algae is most often found on the roofs of homes located in climates that have warm, humid summers. If algae is a problem on your roof, spray washing with a mixture of water and bleach can effectively remove it.



## 2. Buckling shingles

Like algae, buckling shingles are another unsightly problem on a roof. But buckling shingles are more than just an eyesore, they actually might indicate significant problems. When shingles buckle, that's typically because hot air from the attic is forcing the shingles away from the home. Buckling shingles also indicate that the roof is poorly ventilated, which can take years off the roof's life expectancy while driving up home cooling costs along the way.

## 3. Granule loss

Granule loss is typically a byproduct of normal shingle wear and tear that results from inclement weather, such as hail. Older roofs might experience granule loss, but granule loss can also occur on a new roof if a defective roofing product was used. Any granule loss, even if slight, should be addressed, as the side effects of granule loss include a weakened roof and leaking. If granule loss is not addressed, the consequences could be severe the next time a storm occurs.

## 4. Mold

Unlike the warning signs already discussed, mold is not visible on the outside of the home. Instead, homeowners should look in the attic of a home to see if there is any mold growth. If there is, the roof is likely leaking, and the health risks of mold growth in a home are substantial. Mold is not necessarily easy to detect, so a professional inspection might be in order if mold growth is suspected. If a professional determines mold is, in fact, present, then the mold will need to be removed and all options, including a roof replacement, must be considered to keep mold from coming back.

## 5. Roof rot

Perhaps the most discouraging sign a homeowner can see on his or her roof is roof rot. Roof rot appears when a roof is in considerable decay and, if not addressed, its consequences can stretch far beyond the roof, damaging other parts of the home thanks in large part to water getting through the roof. If roof rot is either not noticed or just ignored, it won't take long for water to get through the roof and blaze a destructive path through the rest of the home.

Homeowners might fear a full roof replacement because of the cost associated with such a project. But if ignored, problems with a roof could eventually prove far more costly than the price of replacing the roof. SH122768



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# Designing your bathroom with an exceptional shower in mind

## Create the perfect place to unwind

(NC)—For some of us, the shower is a personal sanctuary—the only place and time each day to unwind and not be bothered by anything from the outside world. So why not make an exceptional shower the centre-piece of your next bathroom remodel? Utilize the latest in style - and even technology - to create the ultimate retreat.

## Spa-Tacular Shower

The minds at Moen have created a digital shower system that offers the ability to set water temperature and flow with electronic precision. The ioDIGITAL vertical spa features an innovative interface that lets you avoid guessing if the shower is at the right temperature; four programmable pre-sets create the perfect shower every time. There's even a remote control that allows you to turn on the system while still in bed! It's never been so simple to create a spa-tacular shower experience in your own home.

## Take a Seat

Now that you have more room in your new vertical spa, add a place to relax with a built-in seat. It not only provides the luxury of increased comfort, but it's also an eye-catching upgrade to any shower. Depending on the size of your shower, there are different options for you to choose from. Some to consider include:

- Fold-down teak—Best for smaller bathrooms as they take up the least amount of space and fold conveniently against the wall when not in use.
- Pre-fabricated expanded polystyrene— If you're looking for a corner or bench seat, this is the best choice since it's created from a very solid material.
- Fibreglass and acrylic built into bases—This shower system is the highest-quality construction, but can be limiting as it's only offered in a few sizes.

## Your Space, Your Style

Your luxury bathroom is just about complete, but what better way to tie things together than with your own added effects? Consider adding art to your bathroom walls or photographs that complement your décor. Updating towels and rugs to match the new colour scheme will also offer a refreshed and rejuvenating look.

When you're ready to transform your modest bathroom into an elegant haven of bathing, incorporate a few luxurious additions to design a space—and shower—that's all your own. For more information about the ioDIGITAL vertical spa from Moen, visit [www.moen.ca](http://www.moen.ca).

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## BATHROOM SAFETY

- Place non-slip mats in all areas where weight transfers occur.
- Properly install grab bars & tub bars where needed. (Do not use towel racks as grab bars).
- Install a stable raised toilet seat or TOILEVATOR.
- Consider a bath lift or shower chair for safety, comfort and balance.



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# Transform your home with spring décor By Maja Begovic

(NC)—With the chilly winds of winter behind us, it's time to welcome sunny days, green grass and first flowers. This spring, infuse your home with vibrant colours, fresh floral touches and breezy fabrics. You don't have to spend a lot of money to transform your home – simply update pieces you already own to create a brand new look for spring.

## Lighten up

Do you have velvet drapes or a sofa covered in heavy fabric? Start by removing the drapes and replace them with airy sheets. Slipcover the sofa and other furniture with paler tones. Remember that sheer curtains, bedskirts, tablecloths and pillows all say 'spring' louder than any other element. Look for designs that complement your lifestyle and interiors.

## Rethink the rugs

Spring is a good time to have heavy rugs cleaned or repaired. Be sure to replace cozy area rugs with inexpensive cotton alternatives in vibrant, pastel colours.

## De-clutter now

Look for organizing solutions for your home. Any spot that is overcrowded can drain your energies and fill your life with clutter. Donate clothes, books or toys to charity. You can also auction off any unwanted items online and donate a portion of the proceeds to a non-profit organization. The Christian Children's Fund of Canada, for example,

([www.ccfcanada.ca](http://www.ccfcanada.ca)) works to improve the lives of children living in poverty around the world.

## Accessorize

Spring is all about rebirth, making it a wonderful time to reboot your home décor. Bring out your floral china, fresh plants, flowering pots or plant elegant orchids in your own backyard. These lively touches can breathe new life into your home, just in time for Spring.

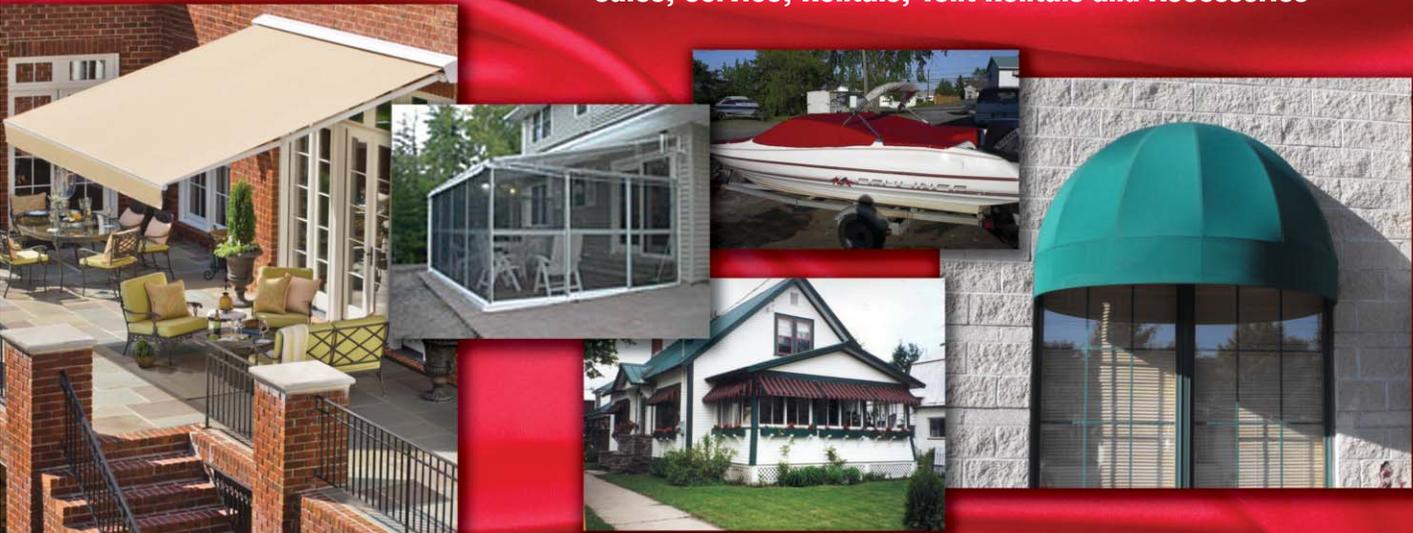
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- Content Inventory
- Temporary Board Up
- Mould Remediation
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