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FALL EDITION 2011

FREDERICTON AREA

Home Design **Trends**

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See Page 8 for full details



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Website lets customers say what they really think



By John McNeil

A Fredericton contractor is using technology to enable his customers to let him - and the world - know what they really think of his company.

In what may sound like a dangerous proposition for some companies, CertaPro Painters on Main Street has created a section on its website where customers can post real-time testimonials about their customer service experience and the quality of work completed.

"We understand that when people are choosing a company for home renovation work, trust is an important factor," said Andrew Hoyt, president of CertaPro Painters Fredericton. "By giving our potential customers the opportunity to read reviews of our work posted in real time, they can rest assured they will be dealing with professionals who deliver on high standards of customer service."

Customer feedback has been an integral part of the CertaPro's operations since the Fredericton location opened in 1992. When a painting crew finishes a job, the last step in the CertaPro 5-Step Process for

interior or exterior painting involves the customer inspecting the work and completing a feedback card asking about the quality of the work and the level of service.

By making customer feedback part of their painting process over the years and learning from customer comments, CertaPro Fredericton has been able to maintain a 99% customer satisfaction level.

It's not surprising, therefore, that almost every testimonial customers post on CertaPro's website rates the company at a perfect five out of five.

But skilled painters are perfectionists and Andrew Hoyt is no different.

"We're always learning from our customers and trying to improve," he said. "We encourage their feedback and we're always grateful to receive it. I think that's why people know they can trust us."

To view CertaPro's real-time testimonials, go to Fredericton.CertaPro.com and click on the "Customer Reviews" tab.





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Protecting Your Home from Water Damage

In New Brunswick, water damage to homes is something that many homeowners have to deal with at some point in home ownership. Blocked drains, burst pipes, melting snow, heavy rainfall and sewer backup can all lead to home flooding and water damage. Allstate Insurance offers some tips to reduce the risk of water damage to your home:



- Talk to your municipal government about your home's foundation drain connection and how to reduce basement water damage to your home.
- Raise appliances and other major equipment above ground level.
- Have a professional electrician ensure all major electrical wiring is above ground level. Be sure your main circuit breaker or fuse box and all utility meters sit above the flood level for your area.
- Install flood shields or built-up barriers around basement windows and doors. The tops of the shields should always extend above ground level.
- Disconnect eaves trough downspouts from underground sewer pipes and use extensions and splash pads to direct water flow six feet away from your home.
- Inspect the slope of the yard around your home. The yard should be sloped in a manner that directs water away from walls and windows.
- Repair cracks in basement walls and floors.
- When you purchase a home, have a home inspector check that water-resistant building materials have been used in all areas below the base (or "expected") flood elevation for your neighbourhood.
- Install a backwater valve in your home's main sanitary sewer connection.
- If your basement is below grade, install and maintain a sump pump system.
- Outside your home, landscape with native plants and vegetation to help prevent soil erosion.

More tips for protecting your home can be found online at www.allstate.ca. You may also contact one of our many qualified staff members who would be glad to assist you.

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Sean Little – 452-0009 ext 5050
Joan Rushton – 452-0009 ext 5052

Sales Representatives:

Patricia Seaman – 452-0009 ext 5017
Tara Hodgins – 452-0009 ext 5053
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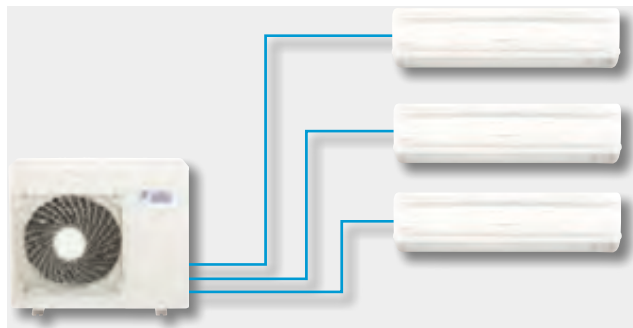
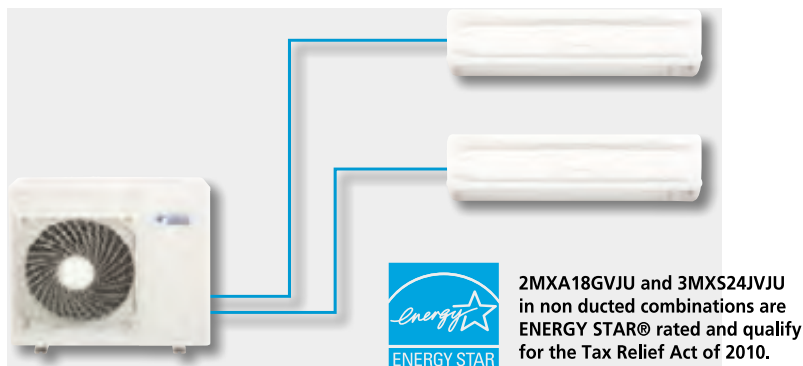
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Would you believe cooling and heating in your home using 12.2 amps of power? Welcome to the 21st Century

Daikin's heat pump systems not only look and operate differently, they make a significant difference in the amount of energy consumed when heating and cooling your home. In fact, a Daikin system operates up to 30% more efficiently than the conventional systems commonly used in North American homes. According to the U.S Department of Energy, as much as half of the energy used in your home goes to heating and cooling. So making smart decisions about your home's heating, ventilating, and air conditioning (HVAC) system has a big effect on your utility bills and your comfort.



A Daikin system gives homeowners control to preserve the integrity of your home's design – new or renovated, contemporary or historic. No matter the size or shape of your home, Daikin's modular design, offers the flexibility you need to customize a heating and cooling solution that fits comfortably into your space.

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	09+09



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	07+12	07+07+12
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	07+18	07+07+18
	09+09	07+09+09
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Daikin's new generation Multi-Split Systems are able to serve 2, 3 or 4 zones (rooms) from one of 115 possible combinations. Choices include: all wall mount units, all slim duct units or a combination of both. With energy efficiency up to SEER 19.5 and HSPF 9.3, these systems will enhance the comfort of any home and also be easier on the electric bills.



160 units installed and counting! Will you be next?

Building codes reflect a growing commitment to energy efficiency

Construction Quick Tip:

If you're like many Canadians, home ownership is your main and largest investment. It's important therefore, to note that some of the building codes in Canada (and around the world) have been updated for the purpose of producing more energy-efficient properties. A standard, entry-level house built in 2012 for instance is expected to be significantly more energy efficient than an entry-level home built in 2006. A more stringent building code also means your builder will have to keep up with latest technology and how to apply it. For example, one of the more popular choices today is to discard the traditional wood-framed wall construction in favour of an innovative insulated concrete form system. Known as an ICF, the insulated concrete form is now even further advanced by Canadian manufacturer, Nudura. A house constructed with this system (of



pre-assembled, interlocking blocks) is reported to be stronger than a house made with wood. It is also more sound resistant, provides greater safety, and delivers energy savings and health benefits too. Drafts, cold spots and mould are controlled and homeowners

are saving on energy bills up to 50 per cent. More information on this—as well as efficient ceilings and floors—is available online at www.nudura.com.

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How to take a pension-like approach to investing

For investors who prefer lower risk with long-term rewards, it might be wise to consider taking a pension-like approach to investing.

Professional pension fund managers try to keep risk to a minimum by diversifying broadly across asset classes, and rebalancing their portfolios to keep them in line with their investment objectives—something that most investors do not have the time or expertise to do.

“And with market volatility a concern,” says Norman Raschkowan, the chief North American strategist for Mackenzie Investments, “it’s worth considering investments where portfolio managers rebalance your holdings for you.”

One way to create a pension-like portfolio is to purchase a strategic asset allocation product, such as a Mackenzie Symmetry One Portfolio.

The investor selects the portfolio that reflects their risk tolerance and investing objectives. Mackenzie portfolio managers take over from there, and your investments are rebalanced over time to keep them in line with your original objectives.

Here are four important things to consider.

Diversification: To help limit risk, be sure to invest in an asset allocation solution that covers a variety of asset classes, geographical regions and investment styles. In this way, when some of the investments in the fund are under performing they will be offset by investments that are doing well.

Rebalancing: When the weighting in one category like fixed income becomes greater, it will be rebalanced into equities and vice versa.

Leading portfolio managers: Look for asset allocation solutions that are managed by a number of top portfolio managers who bring a variety of investment styles to your portfolio.

Tax savings: If you’re investing outside of an RRSP or TFSA some asset allocation products include corporate mutual funds that allow you to defer taxes into the future,

More information is available online at
www.mackenziefinancial.com

News Canada

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

Professional appliances—including all-new dual-fuel ranges and rangetops—allow you to feel like a gourmet chef in your own kitchen. Lustrous, premium-grade stainless steel with chamfered, hand-finished edges has a distinct flavor that translates boldly and beautifully to any décor.

Monogram® integrated appliances demonstrate that sometimes the best statement is understatement. The impeccable styling and hand-finished detailing of Monogram® integrated appliances are beyond compare. Shaped and polished to seamless perfection, these appliances capture the essence of timeless sophistication.

Monogram® custom-panel appliances allow you to create a look unlike any other. Only Monogram® offers the breadth and depth of design choices that give you carte blanche to create a kitchen that's distinctly your own. Start with a refrigerator or dishwasher, choose from solid-color or custom, cabinet-matching panels and then complete the look with your choice of decorative handles.

For a more detailed perspective on Monogram® appliances, visit us at 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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"Kitchen Talk"

By Jim Lawrence

Kitchen Cabinets: What's Your Sign..of Quality?

Just like a horoscope, your kitchen can say a lot about your personality. There are many ways to incorporate what is important to you in your cabinetry, but quality is what makes a kitchen the highlight of your home. See below for what is likely the five most important qualities in your new kitchen project.

#5 Melamine or Plywood Interiors- Everyone knows plywood is the best...or is it really? This has to be the most concentrated on item and likely the least important issue in a new kitchen. There are some major advantages to the melamine finishes. First and foremost, melamine has a lifetime finish, it is very easy to wipe clean, and never needs refinished. To get an idea of quality and durability of the finish of melamine, it has the same finish as Formica counters or Pergo laminate floors. So keep in mind that plywood interiors are not normally a value that will add much to resale value, almost all new home buyers are focussed on durability and ease of maintenance.

#4 Dovetail Drawers- Especially in the USA, dovetail drawers are a sign of quality, as a designer I would emphasize the word "sign". In Europe where kitchens can cost as much as three times as their North American counterparts, melamine or metal drawers are the norm.

#3 Laminate or Granite Counters- With designers and new home buyers alike, granite is without question the best. It has the durability and resale value. But did you know there is another way to get that \$6000 look and quality for closer to formica pricing? Available on the market now, from very few select kitchen manufacturers, are the "Avondale Seamless Sinks and Counters". These counters are a specialty product manufactured with no seams, they come in any shape and just like granite counter tops, they come with under-mounted sinks. They are actually 20% easier to clean than real granite and best of all at the time of resale, you can receive the same dollar return as if you had spent the money on granite. Check out more at www.AvondaleKitchens.com

#2 Installation- It is one thing to decide on your kitchen design, but who is going to install it? What about all the loose ends like timing, mouldings and sorting out transport damages? Typically, custom kitchen suppliers include all this in their selling price, that way you, the homeowner, can delegate it all to one source.

#1 Designs - This has to be the far most important part of any project. Maybe you already know exactly what you want, and how you plan to do it, and that's fine. Do yourself a favour and have a professional kitchen designer look your ideas over. The cost? Depending on the designer, they will review your plans at no charge, and all they ask is for a chance to bid on the project. The designer will likely smooth out the project and allow you to avoid any unforeseen problems. A professionally designed project will typically bring in more than the extra cost when it comes time to sell your home. Like money in the bank, a professionally designed kitchen is a good investment in the best or the worst of times.

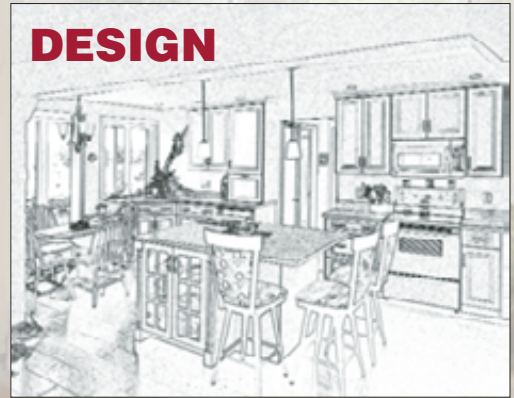
With these top five priorities, you will now have a fresh perspective to what is important when you get ready for your project. When you sit down with your professional designer it is wise to have some clippings from magazines with ideas, colours and styles that you are attracted to. With some professional help, and a little planning, turning your new kitchen project into a dream kitchen will be a breeze.

This article was written by Jim Lawrence of Avondale Kitchens. Their firm designs, manufactures and installs three kitchens per week. For your project contact them directly at www.AvondaleKitchens.com 800-561-4112 or book them through your favorite decorator or contractor.

BEFORE



DESIGN



AFTER



The advantages of pellet stoves

Once you experience a pellet stove, it's easy to understand why people rave about these efficient and unique home heaters that generate an automated, economical and earth-friendly wood heat...and all without firewood! For just pennies an hour, a pellet stove can deliver a deep, penetrating warmth that provides independence from high heating bills while emitting almost no wood smoke. And, with tremendous flexibility in installation and sizing, pellet stoves are a sophisticated choice for convenient heat that helps protect the environment and doesn't break the bank.

Help Take Control Of Heating Costs

Pellet stoves are the perfect choice for people that often experience high home heating bills due to fluctuating energy costs. In fact, pellet stoves are often installed in homes as secondary heat sources to help maintain control over heating expenses. The reason is the fuel. Pellet stoves burn economical pellets made from recycled sawdust. The economy of pellets is due to the low cost of the materials and the efficiency of the manufacturing processes, as well as the ability for people to lock in an entire year of fuel costs before the beginning of the heating season.

Efficient Heat And Minimal Emissions

Pellet stoves are efficient home heaters thanks to state-of-the-art technology that helps control the fuel-to-air ratio within the stove and ensures almost complete combustion of the fuel. This technology helps to generate minimal wood smoke, making pellet stoves the lowest emission solid-fuel burning hearth products available today and a popular choice in areas where winter air quality is an issue.

Automated Wood Burning

A pellet stove is an automated wood burner. Pellet stoves operate with an easy-to-use convenience while providing a rich, radiant and convection heat. To use a pellet stove, simply load a supply of pellets into the hopper and start the stove. Once the stove is operating, an automated feed system delivers the wood pellets into a burn chamber within the stove where combustion air is forced through the fire creating a mini furnace. In many pellet stoves, the ignition system is also automatic, increasing the convenience factor.

Easily Installed And Maintained

Pellet stoves can be purchased in a tremendous array of designs, colors and finishes. Many manufacturers produce stoves that reflect certain architectural styles, such as Contemporary, Mission, Art Deco, Early American and French Country. Brushed metals and high gloss porcelain enamel in dozens of colors are also frequent design elements on gas stoves, while granite, marble or soapstone panels add textural interest. A pellet stove can also add appeal and blend easily into the interior design scheme of a room.

Selecting A Pellet Stove

Much like any other appliance, it is important to spend the time to choose the right pellet stove to fit your needs. Before you make your final decision, visit a specialty retailer for experienced advice. A specialty retailer is a trained pellet stove expert. He or she can arrange for the safe and reliable installation of a pellet stove by a certified professional installer. Specialty retailers are also the best source of information about how to correctly operate a pellet stove and what is required for proper maintenance.

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A safe alternative from wall to wall

By John McNeil



A new environmentally-friendly paint comes in 496 different colours, and all of them are green.

C2 LoVo is a non-toxic paint with lower levels of volatile organic compound (VOC) emissions than regular paint. For years, manufacturers have put chemicals in paint to control thickness, flow and drying time. Because paint is liquid, certain environmental factors affect its vapour pressure, causing some chemicals in the paint to evaporate from walls and be emitted back into the air.

"People want to find environmentally-friendly alternatives," said Peter Billings, owner and general manager of ProCraft Industrial Ltd. on Prospect Street in Fredericton. "But it's really about the health and safety of your family and the peace of mind that comes in feeling comfortable in your home."

According to Compliance Solutions Canada, VOC emissions from regular interior house

paint can cause eye, nose and throat irritation, headaches, nausea, and could cause damage to the liver, kidneys and central nervous system.

Last year, the federal government enacted regulations establishing industry standards to control VOC emissions. Low-emission paints must have a concentration of no more than 50 grams of these potentially harmful chemicals per litre of paint.

But with its LoVo line, C2 offers paint with an even lower concentration of 25-40 grams per litre, making it safer than even the regulated standards.

Billings says C2 LoVo's environmentally-friendly paint is an example of an on-going green revolution in home renovation.



"People can be given the choice of an environmentally-friendly alternative that's better for their family and safe for the environment, but the product still has to deliver," Billings said. "It still has to provide quality. With paint, that means still being versatile, with maximum coverage and durability and with a full range of colour selection. The C2 LoVo line delivers on both fronts, and I think that's why it's such a popular product."

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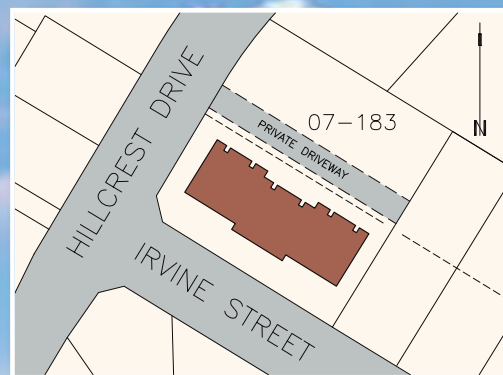
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efficient homes for an
affordable price**
EnerGuide 96 for test house

WHY ECO PLUS HOMES?

A collaboration between EcoPlusHome, Maple Leaf Homes, MartinDavis EcoHousing Ltd. and the multi-national BOSCH Group has resulted in high quality, efficient modular home manufacturing, incorporating the most advanced alternative energy solutions. The home is called an EcoPlusHome.

As the most affordable energy-efficient homes in North America, EcoPlusHome's design, construction technologies, installation systems and low-maintenance are the home for you. EcoPlusHomes are endorsed by the German energy-efficiency giant Bosch as their official North American technology and innovation partner.

Our homes have a minimum EnerGuide rating of 93 and the townhouse depicted to the left is expected to exceed this rating. These homes have the potential

for a Net-Zero energy usage depending on the home owner. The EcoPlusHome clears the way for home owners to significantly reduce greenhouse gas emissions and eliminate their dependence on fossil fuels and rising energy prices. EcoPlusHome are being built throughout Atlantic Canada.

To build your certified EcoPlusHome, we gather the players together: You the home owner, our energy efficiency experts, our certified installers, the Bosch technologies, and our certified home builders. From there, we develop your dream home the way you want it!

See the complete story at
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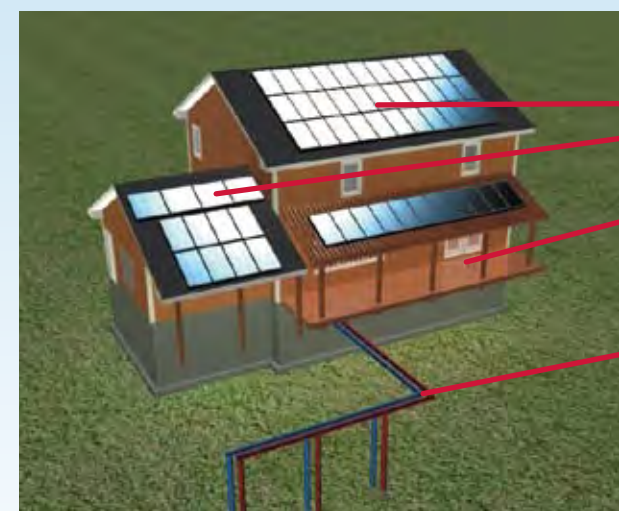
- Attic, wall, foundation insulation
- Windows, doors
- Airtight envelope

Geothermal

- Heat pump heats house in winter, cools house in summer, using earth's constant temperature

Control Systems

- The EcoPlusHome control system integrates and monitors all components for maximum performance



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MAPLE LEAF HOMES



North America's most energy-efficient homes are in Fredericton



By John McNeil • Photos © EcoPlusHome Construction on the most energy-efficient homes in North America is near completion - and they're right here in Fredericton. A six-unit townhouse development at the corner of Eco Terra Drive (formerly Irvine Street extension) and Hillcrest Drive in The Meadows at Neill Farm features houses with near-perfect energy efficiency ratings, with the capability of using solar, photovoltaic and geothermal power-generating technology to greatly reduce the need for external electricity.

"The houses are equipped with solar thermal panels that heat domestic hot water, photovoltaic cells that generate electricity from sunlight, and a geothermal unit that helps keep the house warm in winter and cool in summer," said project coordinator Jim Martin of Martin Davis Eco Housing Ltd., the Fredericton company spearheading the development. "The power generated by the homes is fed into the NB Power grid resulting into energy credits which are later used by the home owner when there is less sunlight available. And that ability for the houses to generate their own power isn't



just great for the environment, it can save the homeowner thousands of dollars a year in energy costs," Martin said.

Using national average statistics for a family of four over a ten year period, the company undertook a statistical analysis comparing the energy consumption and cost in a home simply built to code, which has an energy efficiency rating of 65-72, with the company's EcoPlusHome, which has a minimum energy efficiency rating of 93.

An older house built to code would consume an average of 32,765 kilowatt hours at a cost of \$41,865 over a ten year period. Over the same period, an EcoPlusHome would consume 7,956 kilowatt hours of electricity at a cost of \$10,050 - a savings of more than 75 per cent, or over \$3,000 per year.

With significantly less energy consumption, an EcoPlusHome provides an 80.1 per cent reduction in greenhouse gas emissions compared to houses built to code. A single EcoPlusHome can prevent emissions of 20 tonnes of carbon dioxide per year.

Martin's business partner Jim Davis said that while the company proudly describes EcoPlusHomes as houses that save the planet, the numbers clearly show they also save the homeowner money, and the benefits start with the construction itself.

"A family that decides to build an EcoPlusHome can likely offset some of their construction costs by claiming the largest rebates

available under the provincial government's energy efficiency incentive program," Davis said. "We anticipate our homes will qualify for a \$7,500 rebate after purchase." Homeowners who then apply that \$7,500 to their mortgage will also save the interest that would have accumulated on the amount they've paid down, resulting in significant savings.

"That alone would more than pay for the energy package over the course of the mortgage," Davis said. Martin and Davis bring a wealth of real estate development knowledge and experience to the project. Martin has been a municipal engineer with the City of Fredericton for over 25 years, and Davis has been practicing law in Fredericton for over 25 years with an extensive background in real estate, corporate and commercial law.

The first EcoPlusHome was built in Bathurst, N.B. in 2009. In a successful experiment, a family of six lived comfortably in the home for one year with net zero energy consumption.



The experiment attracted international media attention and showed that homes with near perfect energy efficiency could be produced at an affordable cost to bring the homes to the market place.

"We want to build something that is affordable, that takes your reliability on fossil fuels offline and that is why we are utilizing the EcoPlusHome technology in the development," Martin said. The company is looking forward to showing the new homes and says the public will be invited to an open house planned for later in the fall.

For more complete information, please visit www.martindavisecohousing.com, or call Jim Davis at (506) 260-1980 or Jim Martin at (506) 260-7459.

He said, she said: Four ways to create a home both adore

Whether moving in together for the first time or redecorating a home you already share, know where men and women generally differ on interior design to find common ground for a well-balanced décor.

1 Colour

Masculine tastes tend to run from rose paint samples while feminine tastes are often drawn to such colours. Instead of more masculine hassle-free neutral whites and deep browns or traditionally feminine warmer tones, meet in the middle. Choose sage greens, cerulean blue, taupe and other hues that satisfy many women's need for colour but are neutral enough for him to rest easy.

2 Essential Accessories

When decorating, one partner may focus on the functional items in the room while the other may aim for all elements to be more fashionable. Strike a balance with furnishings that serve both interests. For the ideal blend of such form and function, try Hunter Douglas new Natural Elements blinds that mix ultra-modern two-inch metal slats with the warmth of real wood accents, as well as Duette Architella honeycomb shades that save energy and heating and cooling costs—two resources both parties will be pleased in conserving.

3 Furniture

While it is common for some to choose furniture based on its look, for many comfort is the real key. Rather than make a museum of fashionable furniture you hesitate to sit on, include inviting pieces. Try couches and chairs that are chic but pass the test of proper cushioning and that accommodate all sizes.

4 Pattern

Just as picking a neutral pattern for a couple's fine china can be a harbinger against the ceaseless evolution of trends, choose prints that both parties will appreciate now and into the future. Leave the paisley, florals and toile for more feminine retreats in the home. For common areas, integrate gender-neutral stripes, plaids and even worldly designs such as Ikat or Moorish patterns.

By avoiding a few minefields of décor that might only appeal to one half of a couple, create a home you're both proud to call your own.

More information is available online at www.hunterdouglas.ca or toll-free at 1-800-265-8000.

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Hunter Douglas Natural Elements blinds shown with the MagnaView tilt feature, which provides a wide four-inch view-through when the slats are tilted open, are the perfect way to strike a balance between form and function...and between the sexes.

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Stop delaying your home renovation projects

It can be difficult to think about home renovation projects during the summer months—after all, when it's warm Canadians want to spend as much time as possible outdoors in the sun. With the change of seasons, it's easy to miss those relaxing summer days, but now is the time to start preparing your home for winter with some simple home renovation projects.

Before the winter weather arrives, it is important to ensure you have a properly insulated attic. Topping up insulation to the recommended standard R-50 will help keep your home warm and allow you to save up to 28%* on your energy bills. Additionally, the ecoENERGY Retrofit—Homes program has been extended until March 31, 2012, giving Canadians a second chance to receive up to \$5,000 government grants for energy efficient home projects.

"With over seven million under-insulated attics in Canada, fall is the perfect time to re-insulate," says David Flood, insulation expert at Owens Corning. "The attic can often be too warm during the summer and too cold during the winter, so the fall offers comfortable weather conditions to perform a simple attic re-insulation."

By using innovative products like Owens Corning's new EcoTouch™ PINK™ FIBERGLAS® Insulation, you can save on energy bills and help reduce green house gas emissions by up to a half ton** each year. EcoTouch™ PINK™ FIBERGLAS® Insulation is a sustainable product that is made from 99% natural*** materials and over 70%**** recycled content, SCS certified, the highest amount of recycled content in the industry. It is also third party GreenGuard Indoor Air Quality CertifiedSM and is verified to be formaldehyde free****.

More information on energy efficient home renovations is available at www.owenscorning.ca.

For more information about the ecoENERGY Homes—Retrofit program, and to learn how you can qualify, visit Natural Resources Canada at ecoaction.gc.ca/homes or showmethethegreen.ca.

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References:

*up to 28% heating and cooling savings based on Hot 2000, Version 8.7 run for a 2 storey 1972 type base house with 1149 sf per floor for an increase from R-8 to R-40 in the attic plus an increase from zero to R-20 in the basement walls in Canadian climates

** Based on an average attic size of 1700 SF with existing R19 insulation, averaged over seven cities in Canada.

*** Made with a minimum of 99% by weight natural materials consisting of minerals and plant-based compounds.

****70% recycled content is based on the average recycled glass content in all Owens Corning fiberglass batts, rolls and unbonded loosefill insulation manufactured in Canada. SCS certified.

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Canadian technology hailed in 'net-zero' achievement



Expect to hear 'net zero' more often in energy conversations. It is now possible to build a facility—even a home—that is so energy efficient it produces zero demand on the public electricity supply.

Earlier in the year, a construction team dedicated to this kind of breakthrough opened the net-zero, Richardsville Elementary School in Lexington, Kentucky. Several innovations contributed to the building plan, but it was an all-Canadian method that was selected for the concrete walls. Ontario-based Nudura produces an advanced version of the insulated concrete form (ICF), a new wall-building method that replaces the traditional, but far less efficient wood framing.

"All combined, the energy performance of this school is expected to surpass all expectations," says Todd Blyth, marketing manager at Nudura. "In addition to our rock-solid walls, the rooftop solar panels cover 3,600 square metres and provide all of the school's electricity needs."

Blyth expects more and more buildings and houses of the future to aim at net-zero. It starts with the initial materials and a "building envelope" that provides maximum insulation.

"Richardsville Elementary sets a standard that can be applied to homebuilding too," Blyth continued. "If, at the outset, decisions are made carefully regarding the walls, windows, roofing, water management, ventilation and indoor climate control, you are well on your way to completely offsetting the family energy consumption."

Take a look at some of the most important net-zero components:

- Solar panels on the roof with an electricity grid.
- Geothermal heating and cooling.
- Walls of concrete, not wood. The Nudura system is comprised of stay-in-place, pre-assembled blocks, steel reinforced, and then filled with concrete. It replaces traditional building

methods. The durability and energy efficiency of concrete has shown to reduce energy costs up to 70 percent. Better still, the entire structure (www.nudura.com) is reported to be stronger, provide greater fire protection and with far more sound insulation.

- CO2 monitoring system for ventilation. It keeps good air quality indoors and allows no more outdoor air than necessary.
- North-south positioning delivers prolonged day lighting, without glare. All artificial lighting is off during 70 percent of school hours.
- Wireless computers. The lab utilizes five carts, each loaded with 30 laptops saving energy, wiring and construction. Laptops use a fraction of the energy used to run a typical desktop computer.
- Food preparation is energy-efficient. School kitchens typically use as much as 25 percent of a school's electricity.

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Kitchen design: insider tips



The kitchen is the heart of the home – a place where everyone naturally gravitates for not only meals, but late-night talks, homework sessions and family celebrations. So making sure this popular room is designed to meet your family's lifestyle needs is important. Plus, updating the kitchen can increase the value of your home! Frank Turco, senior manager of trend and design, The Home Depot Canada, shares these fundamentals of a well-designed kitchen space:

Planning – Like any home improvement project, having a kitchen plan is critical. For years, many have left this task up to the designers, but now you can be involved in the process too with handy online planners such as The Home

Depot's My Kitchen Planner available in late October. Simply upload a photo of your space, share some of your requirements and a kitchen expert will be in touch within 48 hours to provide advice and insight.

Spacing – Leave sufficient space in front of your appliances and cabinets to ensure there is room to open the doors and move around comfortably. You also need to have enough space around your sink to scrub, wash and rinse (particularly if it takes two to wash the dishes!). Quick tip: the walkway between your island and cabinets should measure approximately 42 inches wide to accommodate traffic flow.

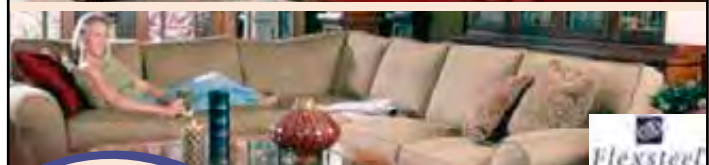
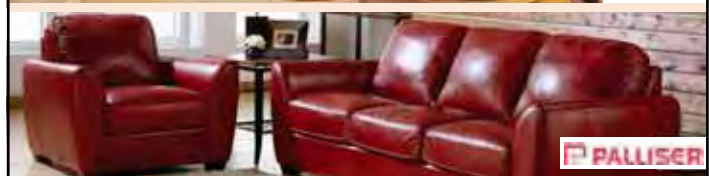
Layout – When planning the sink and countertop area, keep clean up and food prep in mind. Not only is it easier for your plumber to install, having the dishwasher close to the sink makes for quick loading of dirty dinner plates.

Lighting – Consider going with unique lighting options such as underneath overhead shelves or inside glass-door cabinetry, track lighting above the kitchen table or even an unexpected (and glamorous) chandelier. Add dimmer switches throughout so you can set the light to match the occasion. And remember, it is best to get an electrician in before the cupboards and appliances are installed to ensure the proper placements of any new electrical outlets.

Flooring – Kitchen floors have to bare a lot of wear and tear, so when choosing the flooring, look for good quality stain resistant options. Hardwood floors can last a lifetime and harmonize with just about any kitchen décor, while laminate flooring offers strong durability, at a more budget friendly cost. Not sure if flooring should be darker or lighter than cabinetry? Go with your instinct and what suits your personal style.

For more information and ideas for designing or updating your kitchen, visit www.homedepot.ca or your local The Home Depot store.

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Alternative options for mounting your flat-panel television

By J.R. Morris

Summer is coming to a close and soon the TV networks will be launching the new fall season of their top shows. If you're planning to buy a new flat-panel TV in time for the return of your favourite series, you may want to consider the different options for displaying your TV to ensure you get the best picture quality.

There are a few options for displaying a flat-screen TV. The most traditional way is to do nothing; simply take the TV out of the box and set it on top of a console. While a perfectly good option, this type of treatment is only a good idea if you only ever plan to watch TV while sitting directly in front of the screen.

If your seating arrangement is positioned on either side of the TV, however, a wall mount is a better option.

By mounting your TV on the wall, the TV can be tilted and swiveled directly toward your viewing area for the best picture quality. Plus, wall-mounted TVs look sleek and modern, take up less space in the room, and they're proven much safer than freestanding TVs, which are prone to tipping and can cause injury.

If you do decide to set your TV on a console, consider purchasing a safety strap that will secure your TV and furniture to

the wall. Despite its many advantages, TV mounting has some complications, too. Perhaps you live in an apartment that doesn't allow drilling in the wall.

Or maybe you want to place your screen in an area where there isn't a wall directly behind it. Or, if you redecorate frequently, you may want the flexibility to move the television around the room and not be limited to one location.

Luckily, manufacturers have come up with an option for TV mounting that provides another alternative for discriminating consumers. TV mounting systems, like the floor stand series from Sanus, one of the largest manufacturers of mounts and AV furniture, combines the flexibility of setting a TV on a console but with the benefits of viewing-angle adjustment and safety that come with wall mounting.

Sanus floor stands look like a metal pillar with a mount at the very top. The pillar attaches to the back of select Sanus furniture, or can be configured for any AV furniture, for a more flexible mounting solution.

For a complete home theatre setup, consider purchasing a Sanus floor stand and any of their new basic series AV stands, which offer adjustable feet, extra large cable management

openings and slotted shelving so your equipment can breathe. By mounting your TV on a floor stand, you can make certain your new flat-screen investment is safe and secure, and you'll enjoy the same benefits of wall mounting but without having to drill holes in the wall.

More information is available online at www.sanus.com.

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Sears Northside boasts one of the largest major appliance showrooms in Fredericton

When considering purchasing new kitchen appliances this season, why not stop in and visit the new Sears Hometown store in Fredericton North? Sears Northside can virtually satisfy any home owners' needs for appliances, furniture, beds, and much more.

"We have been open for just over a year now at our new location, 800 St. Mary's St. We are close to the larger retailers at Two Nation's Crossing, and feel our 10,000 sq. ft. store offers a fantastic range of options to our customers at a competitive price", says co-owner Greg LeFebvre. "We also offer the same prices, financing, delivery, and in-home service offered by full line stores, such as the Regent Mall Sears".

Sears Northside also affords customers a 'zero-wait' on items in the store. Whether items are on the sales floor or in the stockroom, customers

can take purchased items with them the very same day.

"One of our biggest challenges to date has been to debunk the myth that Sears on the Northside is a clearance centre, or strictly a parcel pick up store", adds co-owner Steve Smith. "We are a large and complete home furnishings store, carrying all brands of appliances, beds, furniture, and televisions".

For more information on products and services, please visit their newly renovated showroom at 800 St. Mary's Street, or call (506) 457-5530.



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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, or call Steve Stairs at (506) 454-3363.

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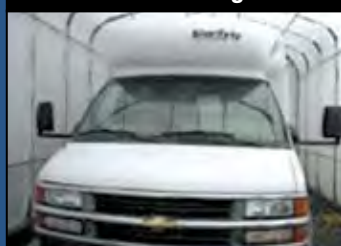
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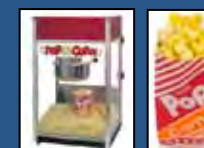
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Advanced Fabrics has got you covered



By John McNeil

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 or call 506-459-5858.



The best call to make in the worst situation

Carpet & Upholstery Cleaning & Carpet Repair

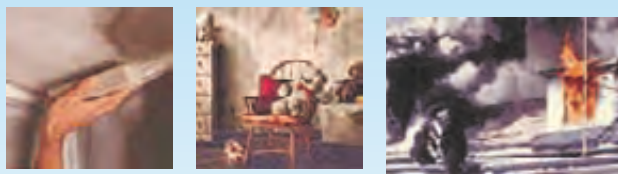
ServiceMASTER Clean has over 50 years experience in the carpet cleaning industry cleaning over a million square feet of carpet every day. Our reputation for quality, professionalism, and customer satisfaction is unparalleled. It is recommended that carpets & upholstery should be professionally cleaned every six months to a year.

Water Damage Restoration



ServiceMASTER Clean of Northeast New Brunswick understands that water damage is an emergency business, that's why we provide 24 hour emergency service, 7 days a week, 365 days a year.

Smoke & Fire Damage Restoration



Smoke/Odours are hard to eliminate, without the proper methods they can linger indefinitely. ServiceMASTER Clean understands how to eliminate Smoke/Odour damage that can permeate every area of your home or business.

Mould & Sewage Remediation

Certified for Mold Remediation
Sewage is the most dangerous type of water damage. It contains pathogenic agents and is grossly unsanitary.

IICRC Certification



Restoration Services:

- Odour Control
- Content Pack Out
- Temporary Storage
- Oil Spill Clean Up
- Vandalism Clean Up
- Fire/Smoke Damage Restoration
- Sewage Remediation
- Ozone
- Dehumidification
- Pet Odour Control
- Content Inventory
- Temporary Board Up
- Mould Remediation
- Trauma Site/Death Scene Clean Up
- Water Damage Restoration
- Air Cleaning
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- Thermal Fogging

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