



“The Inspired Home”

Organize, Redesign, and Stage Your HOME, with Style

NEWS



1-Day Home courses continue at Medicine Hat College; visit www.mhc.ab.ca/continuing-studies

The Spring Home Expo & Leisure Show begins March 6th at 2pm, Cypress Centre National Women In Business Expo happens March 29th at Stampede Park, Calgary



Porthole Mirror Collection
GOGREENLIFE.com

HIGHLIGHTS

Teri visited the Calgary Home & Garden Show. Here are a few valuable points for green décor –

Nellie’s bamboo (like silk) towels and wash products (through London Drugs);

www.canuhome.com shows how to save money and your eco-footprint;

www.condolivingmag.com (free publication) is excellent resource for condominium living, including ‘going green’ tips;

www.housebrand.ca is a one-stop resource for creating a great home;

Cork flooring – in a range of colours – was everywhere! Artificial grass that looks and feels real without the watering.

WELCOME to the special green edition of Ezine “The Inspired Home”

This time you will find: news, highlights, tips, and resources for embracing eco-friendliness in YOUR HOME. Your local professionals – Della, Stephanie, and Teri – are a call or email away to help you with your décor projects.

If you found this newsletter valuable, please forward it to your friends and colleagues. You’ll be helping their homes too.



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DID YOU KNOW

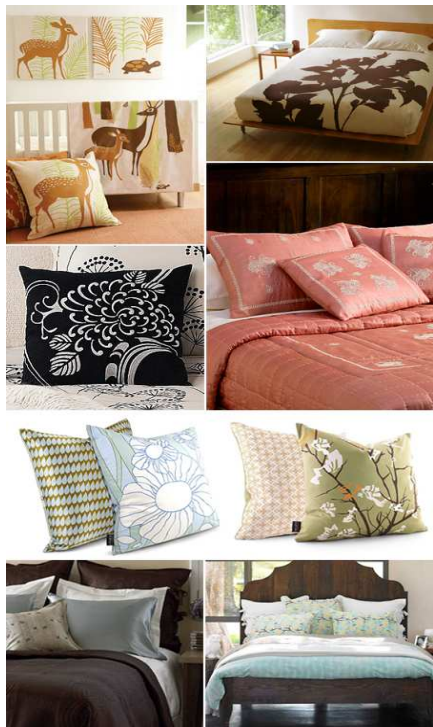
more than 225,000 cubic metres of landfill space in Alberta are saved annually by recycling beverage containers?

Every minute 1679 beverage containers are recycled in Alberta!

In 2006 enough aluminium cans to encircle the earth one+ times were recycled by Albertans.

According to RBC 60% of survey respondents will include 'green' options during renovations, and 30% state improved energy efficiency is leading reason.

According to TD Canada Trust survey two-thirds of people will pay more for a 'greener' home, and most will spend 10% higher costs.



Eco Friendly Bedding
<http://shop.keetsa.com>

TIPS

Use a ceiling fan on low to spread heat evenly around a room;

Repurpose wrought iron pieces as wall art or restore garden furniture for indoor use;

Reuse wooden dressers in the dining room for linens or jewellery boxes in the bathroom for cosmetics;

Vintage leather suitcases double as side tables and storage alternatives;

Consider using vintage kimonos or saris as pillow covers. Look for cabinetry with ESP (Environmental Stewardship Program) certification, for example Kitchen Craft, Master Brand Cabinets Inc, and Legacy Cabinets.

RESOURCES

New product as alternative to traditional insulation – Nansulate, insulating paint at www.nansulate.com
www.seejanework.com for eco-friendly office products, such as Eco-Chic desk calendar or Avie Stationery;

Look for fine furniture with earth-friendly upholstery at www.furniturebylee.com
Need art? Crave objects d'art for your new home? Visit students and alumni at Emily Carr University of Art and Design to peruse or buy, www.ecustudioshop.ca



Eco Kitchen's And Bedrooms
www.planitkitchens.co.uk/eco_kitchens.html

Want a new sofa? Visit locally 'Sofas and More' for lines 'Stylus' to read their green statement or investigate 'Birchwood' for a solid investment piece;
Like the look of pine? Visit locally 'Home Furniture' for the reclaimed pine bedroom series; Visit www.rdcfinehomes.com to learn about 'green' new home construction;

What makes a green kitchen?? The use of alowood (pine specifically for building), bamboo, and granite;
Reduce energy costs with 'Geo-Whiz', heating and cooling system at Keating Mechanical Service in Landmark, Manitoba.

And last, but not least, for those of you addicted to HGTV (like us!) watch shows "Pure Design" or "Home to Stay" or "Improve don't Move" on WNetwork.

Good luck with your next sustainability décor project.

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