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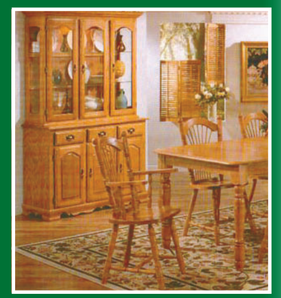

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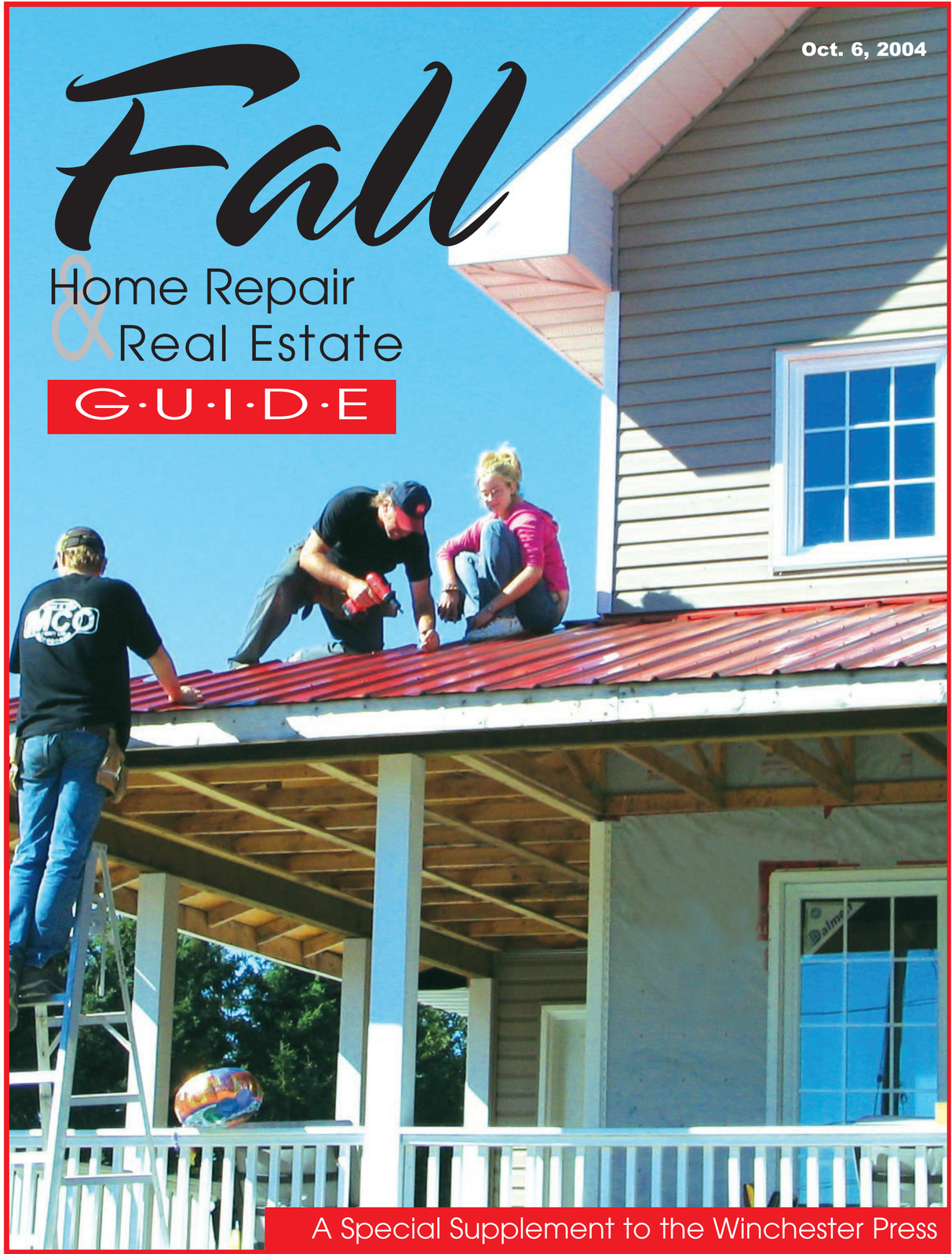

A Special Supplement to the Winchester Press

Save money with energy-saving CFLs

by Matthew Barbour

WINCHESTER — Spending money to save money is a difficult concept for some to accept. However, that is the exact challenge facing people who are thinking about switching from regular incandescent light bulbs to compact fluorescent lights.

Compact fluorescent lights, or CFLs, are just what the name implies. They are smaller, differently shaped versions of the common fluorescent tubes that can be screwed into a regular light bulb socket. There is an increasing interest in CFLs as consumers search for ways to deal with their rising electricity costs.

Initially, the cost of CFLs appears to be much higher than regular, medium-quality incandescent bulbs. Unless they can be found on sale, the price is at least six times higher. Now, CFLs last 10 times longer than conventional bulbs, remaining in service for up to five years. So over the lifetime of the light, the higher cost outlay should not be an issue.

The main selling point of CFLs is that they are more energy efficient. Fluorescent lights consume about 75 per cent less electricity than incandescent lighting. Therefore, a CFL, when it is used for more than two to three hours per day, will reduce energy consumption sufficiently enough to pay for itself in about two years. Then, for the following three years, the result is pure savings.

Another point to consider where energy consumption is concerned is the fact that less than 10 per cent of the electricity consumed by incandescent bulbs goes toward producing light, while the rest is given off as heat. This is an expensive way to supplement heating systems in winter months and it's a burden on cooling systems in the summer. CFLs remain comparatively cool. A CFL that has been left on for several hours can be held in a bare hand, whereas an incandescent bulb could cause a serious burn.

Much progress has been made in the manufacture of CFLs. When they first arrived on the market, CFLs could not easily replace incandescent bulbs because they were rather large and they came in a limited assortment. Now, they are truly compact enough to replace most incandescent bulbs and they come in a range of wattages.

For those who are not clear on the wattage rating of lights, wattage refers to the amount of electricity consumed, not to the amount of light a bulb produces. Light is measured in lumens. An incandescent light bulb rated at 60 watts consumes 60 watts of electricity and produces 800 lumens of light output. A CFL that puts out 800 lumens of light consumes only 15 watts of electricity.

• continued on page 4



Bev Strader shows off some of the compact fluorescent light bulbs available at Geggie's Home Hardware in Winchester. The bulbs can save you money as well as reduce your energy consumption. Photo — Barbour

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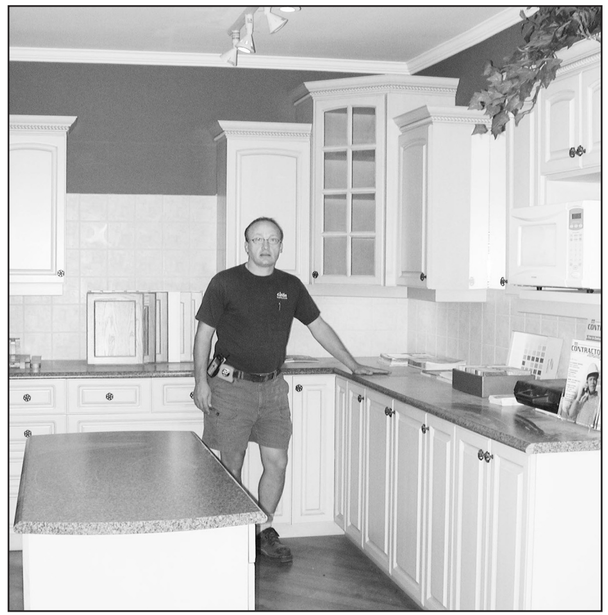

Kitchens that sizzle

Donald Black, co-owner of Black Lumber in Morrisburg, stands in one of the Laurysen Kitchens showroom in the store. He's been a Laurysen Kitchens dealer for the past three years.

Cooking up a new dream kitchen?

MORRISBURG — The latest major product line that Black Lumber in Morrisburg has added is the full line of Laurysen Kitchens cabinet doors. This is a quality line of kitchen decor designed to enhance any client's home environment.

Black Lumber has been a fixture in Morrisburg for nearly 60 years. Co owners Dave and Donald Black represent the third generation of the family to operate the store. For the past three years Black Lumber has been a dealer for Laurysen Kitchens and they've equipped a dozen local kitchens with the products.

All Laurysen kitchens are computer designed. Black Lumber uses a program called 20/20 Technologies. A customer's sketches can be turned into professional printouts including three-dimensional projections of what the final project will look like. Black Lumber then supplies and installs the Laurysen products.

Laurysen Kitchens is local to eastern Ontario, located in Stittsville. The manufacturer prides itself on having products to suit every request and budget. They can offer 918 combinations of door styles, colors and textures to satisfy the broadest spectrum of consumer tastes. Over the past 30 years, Laurysen has built itself up from a small garage operation to a 55,000-square-foot manufacturing facility with the latest in computerized equipment.

One of the selling points of Laurysen Kitchens is that not only are its products attractive, efficiency is built into where cabinets and drawers are located. "The Work Triangle" is a model developed to evaluate the efficiency of a kitchen plan. An imaginary line is drawn from the centre of the sink, to the centre of the cooking surface, to the refrigerator, and then back to the sink. These three lines form a "balanced triangle."

The rule of thumb is that each side of the triangle should be between four and seven feet long. Traffic patterns should not interfere with the work triangle. And cabinets should not intersect any one of the triangle sides.

With the rapidly changing ways that homeowners use their kitchens, the work triangle may also be altered with a fourth or fifth side. These legs may incorporate another prep station, another oven, or accommodate a two cook kitchen. These are just some of the guidelines available through Black Lumber to help customers develop an initial plan for their kitchen.

Laurysen only offers cabinets and drawers, but Black Lumber supplies a full range of building supplies to complete any kitchen design, including Sisco paint, ceramic tile, carpet, and vinyl flooring. To arrange for an estimate call 543-3777.

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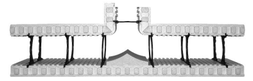

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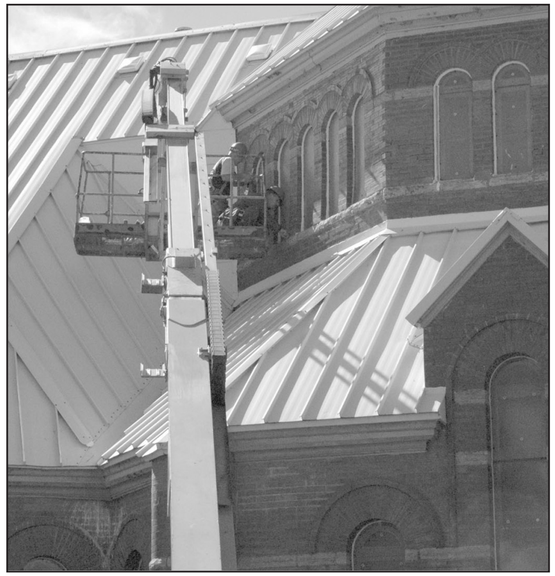

Special equipment

Occasionally there are special repair projects which call for specialized equipment. Last week (Sept. 29) John Gordon Construction company workers employed a mobile boom lift and bucket to carry out repairs on and seal hard-to-reach second-storey windows at St. Paul's Presbyterian Church in Winchester.

Press Photo — Van Bridger

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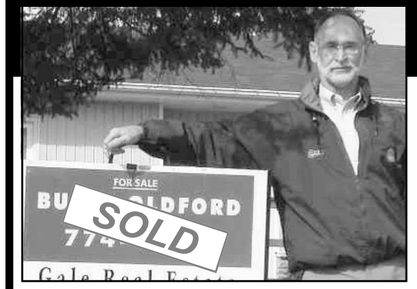

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HELP! I HAVE BUYERS FOR A BUNGALOW IN WINCHESTER. CALL ME IF YOU'RE THINKING OF SELLING!



WILLIAMSBURG. Classic cutie with Victorian verandah, hardwood and pine floors, 3 bedrooms, 2 baths, big back yard, room for additional space in attached loft and storage area. **$89,900.**



MORRISBURG. Brick bungalow with 3+1 bedrooms and 2 bathrooms, rec room. **$129,500.**



CHESTERVILLE - Well-kept, 4-5 bedroom, R-2000 family home. Three bathrooms, double garage fireplace, rec room. **$199,900.**



WINCHESTER - Serenity by the field. Back yard has a reflecting pool, fountain, sun deck overlooking fields. Home features hardwood floors, eat-in kitchen, dining room, rec room with gas stove. 2-car garage. **$215,000.**



FINCH - BRAND NEW SEMI - LOOK! 3 bedrooms, 3 bathrooms, living and dining rooms. Large kitchens, huge rec room, den and laundry room. Verandah and big sun deck. Hardwood, laminate and tile. A best buy! **$129,900.**



SOUTH MOUNTAIN - A must see! This is a great 3-bedroom home with hardwood floors, rec room with wood stove, landscaped plus an oversized 2-car garage. A pretty back yard with a deck to the aboveground pool. A best buy - **$169,900.**



WINCHESTER - WOW. Classic beauty on over 16 acres. Large well maintained brick manor home with wrap-around deck, plus sun deck. Main floor family room and more. Great horse barn with box stalls, two corrals, hay fields, drive sheds. A rare find. **$244,900.**



PIGEON ISLAND ROAD - 50-acre hobby farm with pond, renovated 3-bedroom home, hardwood floors and more. **$159,900.**



BRINSTON - A best buy. Total renovations, newly done over, insulation, wiring, drywall, plumbing, pumps, well, bathroom, septic, oak kitchen. Only needs siding. Like new inside. **$99,900.**



WEST ... on over 3 acres of ... inground pool, 3-4 bedrooms, great for in-law suite. **$229,900**



WINCHESTER - Family affordable, just on the fringe. 3-bedroom home on 1-acre lot. This home is for you! **$129,900.**



WILLIA... well-kept 3-bedroom, 2 bath home on large fenced lot, pretty spot. **$79,900.**



BRINST... hobby farm, horses, cattle, etc. **$139,900.**



IROQUOIS, Duplex - a very good income. Great condition. **$119,900.**



HWY. 31 LOCATION - One acre with offices and compound. Great commercial location. **$42,000.**



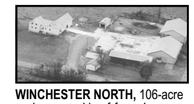
MORR... PERFECT BUNGALOW. Clean and tidy on a quiet street. Screened-in sun porch, private yard, double paved drive. Dining room, eat-in kitchen, 2 bathrooms, 3 bedrooms, rec room and garage. **$132,000.**



WINCHESTER, One of the nicest in town, 3-bedroom, 3-bathroom home shines with pride of ownership. Superior decor and landscaping, oak eat-in kitchen, fireplace in living room, formal dining area. Rec room, privacy fenced back yard, large deck with hot tub. **$199,900.**



CHESTERVILLE Wow! 38-acre hobby farm with a 5-bedroom renovated home. Very, very private with pretty winding tree-lined lane. Pastures plus a 24x40 shop/barn/garage. Your horse or hobby farm. **$179,900.**



WINCHESTER NORTH, 106-acre cash crop and beef farm. Large family home with lots of room, 2 bathrooms, huge family room. 28 tile-drained acres, bush with deer and turkeys. Two open-stall barns, 2 garages and shop. Enclosed concrete feed lot. Asking **$499,900.**



WINCH... great income and investment opportunity in this 10-unit building. **$449,000.**



WILLIAMSBURG, Great investment opportunity in this 6-unit apartment building. Excellent condition, well maintained. Great return on your investment. Call for details, **$220,000.**



WINCHESTER - Style and charm in this loft chalet style home with fireplace, 3+1 bedrooms, 2 bathrooms, pool, rec room, hardwood floors, oak kitchen. A gem on almost 2 acres. **$239,900.**



WINCH... income property: 5-unit apartment and commercial space. **$320,000.**



FINCH, Duplex: great investment. Net $5,000 on a small investment of **$69,900.**



BERWICK - Country charmer. This home absolutely shines, with birch floors and kitchen, dining room, 4+1 bedrooms on landscaped lot, beautifully decorated and renovated with pool. **$179,900.**



WINCH... apartment building, well maintained. **$320,000.**



CHESTERVILLE BUSINESS OPPORTUNITY. Owner retiring. Great chip wagon, full fast food menu plus ice cream. Fully equipped - owner will train. Be your own boss! **$50,000.**



CANNAMORE, Privacy with an inground pool. Beautiful, immaculate, well-kept 4-bedroom, 3-bath home. Large rec room with wood-stove, hot tub room. This home shows in oak and ceramic tile accents. Huge oak eat-in kitchen plus formal dining room. **$269,900.**



WANT PRIVACY AND SPACE? Just outside of Winchester. This 73-acre oasis of green fields and tree-lined drive leads to the 4-bedroom brick bungalow and outbuildings. Large good barn plus a steel 40x60 shop/shed. 68 acres of hay/crop fields. **$385,000.**



DUNDAS MACHINE. Custom machine, welding and fabrication repair facility. Serving the Dundas region. Fully equipped. Repair of heavy equipment, hydro and boom trucks, farm machinery etc. Great business with expansion potential, on two acres. Owner retiring. **$695,000.**



KEMPTVILLE. Victorian style 5-year-old home, loft above 2-bay garage, huge basement ready to finish. 9-foot ceilings, vaulted turret in master bedroom, 3 baths, main-floor family room, 2 fireplaces. Kitchen with built-in Jenn-Air appliances. Almost 2 acres backing fields. **$349,000.**



WINCHESTER - Gleaming hardwood floors, large formal dining room, eat-in oak kitchen with ceramic tile floor. Beautifully finished lower level with large family and play rooms plus a second bathroom and bedroom or den. Over 2,000 sq. ft. on quiet court with paved drive and sunny deck. **$239,900.**



IROQUOIS - St. Lawrence river front property - Amazing View on these four lots, plus a century home by a golf course. Opportunity of a lifetime - can be a home, a B&B, condos, four river front lots, commercial - call for details



WINCHESTER - Your own golf, pond, island, 5 acres! Distinctive home for the discerning executive. Beautiful bungalow built on a rise opens to a full finished walk out level at rear with wrap-around decks. Opens from lower level to beautiful gardens, patio and pool. **$339,900.**



WINCHESTER - Family affordable - only 30 min. south. This is a buy - 3 bedrooms, 1/2 acre lot, close to village with hospital, schools, shopping, golf, sports for everyone. Easy commute to Ottawa. Full basement plus a garden shed, backs on fields. **$154,000.**



CHESTERVILLE - Bungalow in an oasis of privacy on 2 acres - On of a kind place. Stone walks, gardens, trees - a delight. Plus a 3 bedroom home with a/c, sun deck, pine kitchen and wainscotting and updates - a must see. **$164,900.**

ELMA - 7 a... **$2...000.**

CHESTERVILLE - A home that welcomes, just on the edge of town. Large family home with generous room size, featuring hardwood floors, large eat in kitchen, formal dining room, finished loft over 2-car garage, ceramic floors, plus inground pool, private lot, so much more, **$249,900.**

TOO NEW FOR PICTURE!

Older home in Winchester, good upgrades, large back yard. **$99,900.**

CFL bulbs

• continued from page 2

There is a wider range of styles available as well, including a relatively new flood lamp which can be used indoors or outdoors, although Bev Strader of Geggie's Home Hardware warns that these lights should not be used in motion detecting fixtures. "Motion detectors often turn on and off in rapid succession," he said. "These lights are intended to be turned on and left on for a while." He explained that motion detection fixtures dramatically shorten the life of CFLs.

Additionally, in applications where motion detectors are used, there is usually a requirement for instant light. Once switched on, there is a delay of one to three seconds before a CFL will produce light. Even then, the unit will not come to full brightness until it has warmed up for a minute or two.

CFLs are perfect for applications where lighting stays on all night long. Although, if a CFL were to be used outdoors, it would be wise to ensure that the product is labelled for outdoor use, because unless they are specifically designed for that application, some fluorescents will give off a reduced amount of light in cold temperatures.

Also important to note is that most CFLs should not be used in conjunction with any kind of dimmer switch. This is because fluorescent lights, including CFLs, are powered through a ballast. This is a device which regulates the current that illuminates the gas in the glass enclosure. A dimmer switch, acting as an additional regulator, would damage the light. Each CFL comes equipped with its own miniature ballast. However, there are a few CFLs on the market that have dimmer compatible ballasts. Again, it would be wise to check the label if purchasing a CFL that will be used on a dimmer.

Homeowners may want to consider using CFLs for convenience as well as the savings they would see on their electricity bills. Because they have such a long life and do not need to be changed as often, CFLs are ideal for hard to reach fixtures such as those on high ceilings, or over stairs.

Genuine energy saving CFLs carry the Energy Star symbol. Energy Star is a recognized international standard for energy efficiency. CFLs carrying the Energy Star symbol may do so only after meeting strict requirements for efficiency, light output and longevity.

As great as CFLs are, caution should be exercised when cleaning up a broken bulb. All fluorescent lights, the long tubes as well as CFLs, contain a very small amount of mercury. Although authorities do not believe this is a major cause for concern, mercury is a hazardous material and experts advise using protective gloves when gathering shattered glass and removing the base of a broken lamp.

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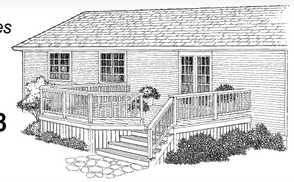

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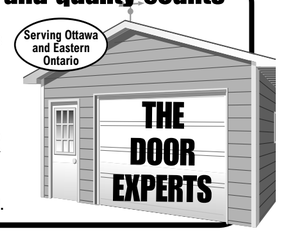



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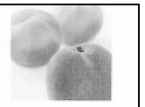





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Tips to ensure a warm and energy efficient house

Late autumn brings a chill in the air as Canadians start thinking about the cold winter months ahead. Yet, a warm winter isn't totally out of reach within ones own home. Yet, how can consumers effectively heat their house without inflating their energy bill? One word – weatherproofing!

"Weatherproofing projects pay for themselves in a few years time," says Mike Schanck, an energy efficiency expert. "A well-insulated house reduces energy usage and that's not only good for the environment, but also your pocketbook and your peace of mind."

To get a head start on weatherproofing your home this fall, consider the following:

Storm Doors – Regularly test the latches on your storm doors and adjust them as needed. "Your latches are operating properly if your storm door is drawn tightly and securely into its frame," says Schanck. "The latch should hold the door secure even against a gusty wind."

Add a wind chain to your storm door if it does not already have one. Wind chains help prevent doors from blowing off their hinges. Be sure to set the chain so the door cannot open more than 90 degrees.

Adjust the tension of your door-closer so it will close the door securely but without slamming. Most closers have tension adjustment screws at one end of the cylinder. "Closers can also be used to hold doors open, but be careful when you use a closer to hold a door open," warns Schanck. "If a brisk wind hits a door that has been locked in an open position, the wind can bend the frame or the closing rod or otherwise damage the door."

Front Door – Take the time necessary to make certain your door fits straight and true before you begin weatherproofing. "Start by evening out the gaps around the door," says Schanck. "Reset and shim the hinges if necessary to even out the gaps."

Install metal tension strips next to the door stops at the point where your door contacts the stops when closed. Use a putty knife to pry out the tension strips far enough so that it creates a good seal when the door is closed.

Add an aluminum or vinyl door jamb weatherstrip to the edge of the door stop on the external side. Next, attach a new bristle sweep to the bottom of the door. Last but not least, fix any cracks in door panels or around light panels with wood filler or caulk.

Windows – Cut and install metal V-channels in the sash channels of your windows. The V-channels should extend at least 2 inches beyond where the sash ends when the windows are closed. Attach the V-channels with a tack hammer and the fasteners provided with the material you purchased.

Drive the fasteners flush against the stripping so the window sash will not snag them. Next, flare out the open ends of the V-channels with a putty knife to create a tight seal with the sash.

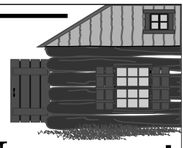
Wipe down the underside of the bottom sash with a damp rag and wait for it to dry before attaching either self-adhesive compressible foam or high-quality neoprene strips to the outside edge of the sash underside.

Seal the gap where the top sash meets the bottom sash. "If your windows are single-hung with a stationary top sash, then you'll want to tack tubular gasket or reinforced felt to the outside face of the top rail on the bottom sash," says Schanck. "Make sure you position the strip so it compresses slightly against the top sash when you close and lock the window."

Apply caulk around the interior window casing with clear silicone caulk. "For even more protection from drafts, add plastic sheeting, or a shrink-wrap product, to the windows," says Schanck. "This sheeting is most effective when applied to the interior of the window, where it will successfully block drafts and keep moisture away from the window surface."

- News Canada

Improve Your Home's Outlook



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Carbon monoxide: Are you at risk?

Carbon monoxide is a serious danger and one that many people do not understand. Carbon monoxide is the number one cause of accidental poisoning deaths in North America. The Canadian Safety Council reports that there are approximately 1,500 poisonings and over 200 deaths per year due to carbon monoxide.

The major cause of high levels of carbon monoxide in the home is faulty ventilation of furnaces, hot water heaters, fireplaces, cooking stoves, grills and kerosene heaters. Other common sources are car exhausts and gas powered portable machines. Faulty or improper ventilation of natural gas and fuel oil furnaces during the cold winter months account for most carbon monoxide poisoning cases. Unlike smoke or fire, carbon monoxide is almost impossible to detect. Often called "The Silent Killer," carbon monoxide is completely colorless, odorless and tasteless, and can kill in minutes.

Carbon monoxide is also referred to as "The Great Imitator." In the early stages of carbon monoxide poisoning, symptoms such as nausea and headaches often mimic common illnesses, like the flu. This often leads people to believe that they should stay home and rest. Tragically, home is often the source of the illness and in some cases, the source of death. However, almost all of these tragedies and mishaps are preventable.



The best defence against carbon monoxide poisoning?

- Regular, preventative maintenance of fuel-burning appliances, furnaces, fireplaces and chimneys.
- Installing a carbon monoxide alarm on every floor of your home including the basement near the home's principal heating source.

Because most fire or carbon monoxide incidents occur at night, Raffi Nersesian, Product Manager for Kidde Safety suggests that "talking alarms" near the sleeping areas may be a good alternative to regular ones. For example, you can get a 120V wired-in or battery "talking" alarm that could alert with verbal messages based on the hazard at hand – fire or carbon monoxide.

If the alarm sounds, you and members of your household should leave your home immediately. Call 911 from outside your home and do not return to your home until the problems has been found and corrected.

For more tips on protection and prevention, call toll free 1-800-565-1976, or visit www.SafeAtHomeTips.com.

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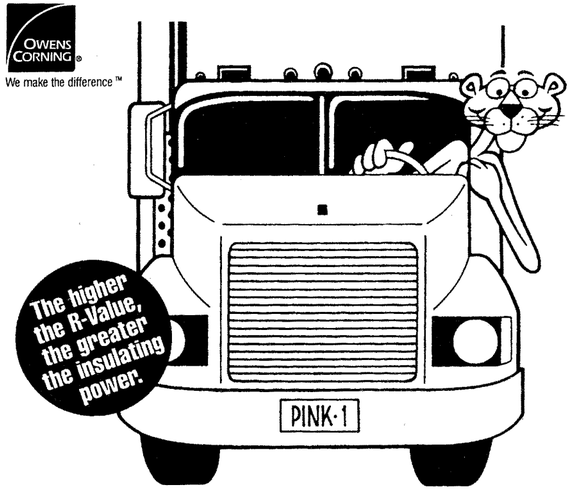

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Harbers introduces new line of wood and gas stoves

WILLIAMSBURG — Harbers Flame Centre and Masonry Inc. of Williamsburg has just introduced a new line of wood and gas stoves by Pacific Energy.

Pacific Energy is a 25-year-old British Columbia company whose Canadian-made space heating appliances have become one of the best sellers in North America.

The woodstoves are end loaders, which means the firebox can be loaded to full capacity and you won't have to worry about logs rolling out or lying against the glass. Initial lightning is much faster because the boost air travels freely through the fuel load right to the back of the firebox to ignite the load more evenly. This allows you to close the door immediately after lighting so sparks are never a problem. T-304 stainless steel firebox is corrosion resistant and able to handle years of Canadian winters and is meant to operate 24 hours a day, seven days a week. The flame shield stops stove top discoloration and adds thermal mass for further heat absorption, The baffle system is easily removed in seconds for cleaning and servicing. These stoves are available in several porcelain enamel finishes with optional gold, nickel and brushed nickel doors and legs.

Pacific Energy also carries a full line of gas stoves and fireplaces. These units have SIT millivolt plus valves that will accept a remote control, wall switch or thermostat. All units have extensive heat exchangers for maximum value from the gas consumed. The units offered with bay fronts are ceramic glass with no flat glass behind the bay for maximum heat value and cost savings. All models have porcelain enamel color options giving lifetime decorative finishes.

• continued on next page



New products

Joy Harbers is sitting next to a Pacific Energy Pacific Wood Insert, one of the new line of space heating appliances introduced by Harbers Flame Centre & Masonry on Oct. 2. The medium sized wood burning fireplace insert which can heat up to 1,700 sq. feet can be seen in the Harbers showroom at 4385 Billy Lane, R.R. 3, Williamsburg. Press Photo — Slack

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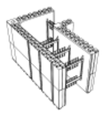

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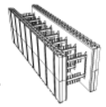

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Harbers

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When considering the installation of a wood or gas stove in your home, it is very important to size the unit for the area that you want to heat. Oversizing a woodstove can cause much grief in trying to run it efficiently and have a clean burn. With an undersized stove, continuous overfiring can cause damage to your stove and chimney system. Gas stoves look their best when you see the flames in the firebox. By having a stove too large for the area, the stove runs for short intervals and does not allow the enjoyment of a burning fire. Of course undersizing the stove means not being able to properly heat the area for which it was intended.

Chimney systems for any high efficiency woodstove should also be seriously considered. With the efficiency of clean burning stoves there is not much heat loss in the chimney, therefore allowing the chimney to stay rather cool and not creating the proper draft need for an efficient burn. This is why it is strongly recommended that chimneys be installed inside the house rather than the outside. Outside chimneys have a more difficult time to warm up and create a draft. When this happens it is often required that a window be opened in the room the stove is located to help create a draw in the chimney, making it more difficult and time consuming to ignite a fire in the stove. By having the chimney inside the house, there is better draft because the chimney is kept warmer. For many people that may be upgrading to a more efficient stove but have a masonry chimney on the outside of the house, there is a solution. In most cases, a stainless steel liner, wrapped in insulation can be installed inside the chimney. This helps to keep the chimney warmer for better operation of the stove.

Wood supply is also a very important factor when using the higher efficiency woodstoves. These stoves do not operate well when burning wet wood. If the moisture content is too high, then there is very little or no heat coming from the fire. Also this can cause creosote problems in the chimney. The key to burning wood is having good dry wood.

With gas stoves and fireplaces the venting is done either with direct vent or b-vent applications. Direct vent units can be installed to go either straight out the wall or up through the roof. These are usually done for new installations. B-vent units are usually installed to replace perhaps a woodstove. This allows a gas line to run up the existing chimney without having to install a new venting system.

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Morewood Kitchens

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"What we're hearing is that most people want to get their kitchens done before Christmas," said Danielle Pomainville about the jobs she's anticipating this fall.

The company is literally run from the Pomainvilles' backyard where an airplane hangar-style shop holds table saws and other tools for making wood cabinets and shelving.

Popular types of cabinets purchased at Morewood Kitchens include the Shaker style cabinet with its simple lines that create a modern or country atmosphere.

Needing help with the daily workload, Réjean and Danielle have also employed their son Patrick, 19, who has been getting a great amount of experience in the way the company is run.

Morewood Kitchens typically does its own design work. "Having done this over the years, experience helps," said Danielle. There is a specific interior designer, however, who the company deals with on occasion.

The personal satisfaction that comes from helping someone create a new look for their kitchen has helped build a consistent work ethic for Réjean, who never gets tired of admiring his work. "I like seeing the finished product and the looks on people's faces when they see how great their kitchen looks," he said.



At Morewood Kitchens, Réjean and Danielle Pomainville take great pride in every job they do. They have a collection of dozens of pictures showing the range of their abilities.

The Pomainvilles have several dozen photos taken from their completed jobs in people's kitchens, displaying how their talent and effort paid off. "They want it to look nice, and in the end it's beautiful," said Danielle, who has always taken great pride in the design work of the end products. "We try to treat the cabinets more as furniture rather than cabinets," she said.

They generally sell one or two cabinets each day. Others are constantly under construction.

The Pomainvilles have also come up with various tips to help customers find the right set-up for their kitchen or the appropriate type of counter tops and cabinets to use. They ask questions such as: What is your budget? What materials and colors do you prefer? Is the kitchen the main room in your house?

The fall season presents steady work for Morewood Kitchens, but jobs in the summer are where most of their business revenue comes from.

Morewood Kitchens is located on County Road 13 and the company provides service to people in the North Dundas area as well as in Ottawa. For a free estimate call 448-2739.

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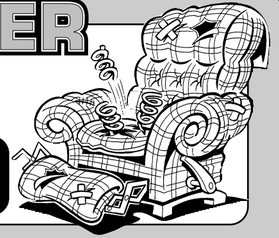

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CENTRALLY LOCATED - Bungalow with second level add on. Main floor has living room, open concept dining and kitchen, family room, 2 bedrooms, office & laundry. Second level with games room & bedroom. Landscaped back yard with gazebo and large garden shed. Asking $77,000.



MORRISBURG - Large older home, many upgrades. 3 bedrooms, 2 bathrooms on main floor, eat-in kitchen, dining room and living room with patio door to deck, den and laundry room. Upstairs a two bedroom granny flat. Living room and eat-in kitchen, two baths. Asking $135,000.



IDEAL RETIREMENT HOME - Located on lot 130' x 140'. Three bedrooms, living room 16' 10" x 11', open concept kitchen and dining area. No basement, no stairs. Attached garage for two cars. Natural gas available. Asking $75,000.



MORRISBURG - Well kept two storey town house close to all amenities. Main floor open concept living room, dining area and kitchen, 2-piece bath. Patio door from dining area to rear deck. Upstairs - 3 bedrooms and 4-piece bath. Full unfinished basement. Asking $79,900.

VACANT LOT - Size 152' x 181'. Located in residential hamlet on west side of Cty. Rd. 31 north of Glen Becker with circular driveway with both entrances to Cty. Rd. 31. Just a few minutes from Hwy. 401 and Morrisburg. Asking $25,000. MLS

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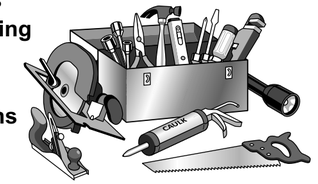

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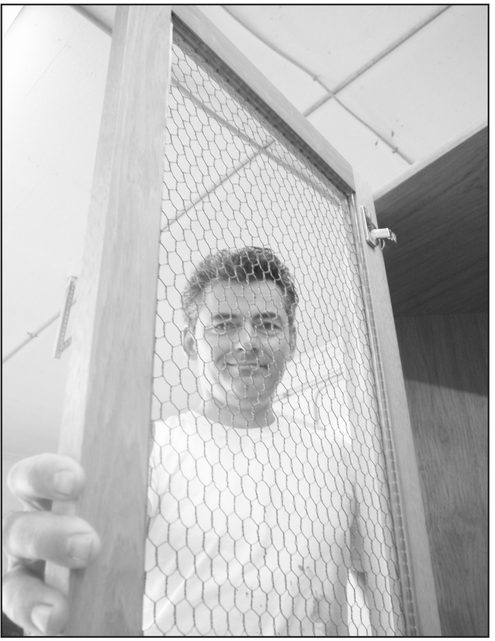

Traditional touch

Réjean Pomainville shows off a hickory Shaker cabinet that remains to be finished and installed.

Photo — Meagher



Family business

At the table saw cutting pieces of wood siding is Patrick Pomainville. At the age of 19 he already has a great deal of carpentry experience from working in his parents' shop.

Photo — Meagher

Let Morewood Kitchens build your dream design

by Sean Meagher

MOREWOOD — Custom-made kitchen cabinets, counter tops, shelving and everything in between have been the main business of the Pomainville family since their company, Morewood Kitchens, began 15 years ago.

Home improvement experience has given owners Réjean and Danielle Pomainville a chance each day to create a new and improved look for their customers' kitchens. They can handle any project whether it's a total interior design change, or simply the purchase of a new bookshelf.

Morewood Kitchens focuses on making vanities, shelving, and wall units, as well as counter tops, which come in granite, PVC and wood styles. They construct, design and also do finishes on all of their products.

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Morrisburg Building Centre's Guy Hart shows off some of the insulation that the store will be selling in a truckload sale starting this week. Press Photo — James

Better insulation equals money in the bank

MORRISBURG — Insulation is what helps keep your home warm in the winter and cool in the summer. It's something that can have a noticeable effect on your monthly costs, but because it's out of sight it may not cross your mind as a home improvement.

In general, the places where insulation is required are in the attic, in exterior walls, in the wall between the garage and the house, and in the walls or floor of a crawlspace. Insulation can also be beneficial in the exterior walls of the garage, in finished basement walls, and in the floor above a little used basement.

There is more than one way to achieve an appropriate level of insulation. The most basic and common method of home insulation is with insulation batts placed inside exterior walls. There are two main types of batts: fibreglass and mineral wool. The brand names that Morrisburg Building Centre offers are Owens Corning Fibreglass Pink and Roxul wool insulation and both come in a range of R-values.

Insulation is rated according to R-value, which indicates the resistance to heat flow; the higher the R-value, the more effective the insulation. Mineral wool batts are a bit stiffer and not as malleable as fibreglass, but they do offer a slightly higher R-value for their size. For example, the Roxul batt designed for 2"x6" wall construction has an R-value of 21.5 rather than 20, which is the R-value for a comparable fibreglass batt. Rick Johnston, owner of Morrisburg Building Centre, reports that fibreglass insulation batts are by far the most common insulation purchase at his store.

A newer method of building and insulating is the ICF (insulated concrete forming) system. While it can be used for all of a home's exterior walls, it is most commonly used for foundations. It involves forms made of rigid foam insulation which are then filled with cement. This combination results in an R-value of 20 or higher, depending on the thermal capacity ratings of the concrete.

The Ontario building code specifies a minimum R-Value of 17 for walls and R-31 for attics. If the home uses electric heat these values are higher. Most home builders or renovators go with R-20 for walls and R-32 or R-40 for attics. People who are building their own homes, however, are more likely to go the extra mile and spend a bit more on insulation.

"First-time home buyers or builders tend to spend more money on things like kitchen cabinets, things with immediate gratification," said Johnston. "They should consider insulation." Spending a bit more to get a higher R-value is something that will pay off throughout the life of a home.

To achieve an R-20 wall, an R-20 insulation batt can be used between the wall studs. This will require building the walls with 2x6's so there is enough room for the batt. An alternative is to use an R-12 insulation batt (which will fit into a 2x4 cavity) within the wall and add an R-7 foam board on the exterior of the wall under the siding.

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Insulation

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For attics, blow-in insulation is frequently used, although batts are also a possibility. Morrisburg Building Centre sells Weathershield blow-in insulation which is made from natural wood fibre and is fire retardant, as well as pest and fungi resistant. The R-value of the insulation will depend on how thick you make it. For an R-40 rating, use one bag of Weathershield per 18-square-feet.

"Blow-in gives you a very good blanket where you're going to lose a lot of heat," said Johnston. Morrisburg Building Centre supplies the blower with the insulation for no extra charge. Their blower has 100 feet of hose and requires two people to run. If you are using batts in your attic, the best practice is to lay two layers, with the top layer running perpendicular to the first.

For the small spaces around doors and windows the best option is to use a low-expanding foam insulation that comes in an aerosol spray. You can also use pieces of fibreglass batts for this purpose as they are malleable enough to fit into tight corners.

If you are planning a home renovation project, consider upgrading your insulation, particularly if your home is more than 25 years old. Insulation upgrades can be approached from either the interior or exterior of a house.

If you're putting on new siding, insulation foam board can be added underneath. From the inside, an insulation upgrade generally means the removal of drywall and replacement of wall insulation with a higher R-value batt.

Insulation can also play a role in soundproofing between rooms or between floors. As well, it can help you fireproof your home by making it more difficult for fire to spread.

It is important to think about ventilation and moisture when you are insulating. Wet insulation is going to be less effective than dry, and may also contribute to the growth of unhealthy mould. Proper attic ventilation is essential, and vapor barrier should always be used between the insulation and drywall on exterior walls to prevent internal moisture from escaping into the insulation. With new homes, an air exchanger is needed because the construction will be so airtight that not enough fresh air will cycle on its own.

As well, be aware of anything that might compact your insulation. When it is compacted, the R-value and effectiveness will decrease.

Morrisburg Building Centre will be having a Fibreglass Pink truckload sale starting this week, so keep your eyes open for it. And the staff is always ready to answer any questions you might have about insulation or other home improvements.



Take part in Decorate for a Cure and create an atmosphere of well-being, both at home, and in the community.

During October, Breast Cancer Awareness Month, $2.00 for every gallon of Benjamin Moore Collection interior paint sold, will be donated by participating Retailers to the Canadian Cancer Society to support breast cancer research.

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Maintenance essential

Smoke alarms need attention

It may be that you have paid little attention to that little round circle of plastic on your ceiling that is supposed to protect you from fire. Smoke alarms should not be neglected after initial installation. For proper fire detection, a smoke alarm needs to have maintenance on a regular basis. Here is a checklist to follow:



• Do a visual check to make sure the smoke alarm is securely fastened to the wall or ceiling. The proper location for a smoke alarm is on the wall or ceiling, at least three feet away from any corner of the wall. Preferable, a ceiling mount should be in the centre of the room.

• Check to see that the smoke alarm shows no evidence of physical damage, paint application, or excessive grease and dirt accumulations. Clean with a damp rag to remove the dirt. Replace the unit if it has been painted over.

• Ventilation holes on the smoke alarm should be clean and free of obstructions to allow for smoke to enter the sensor chamber. Vacuum the grill and perimeter to remove the dust.

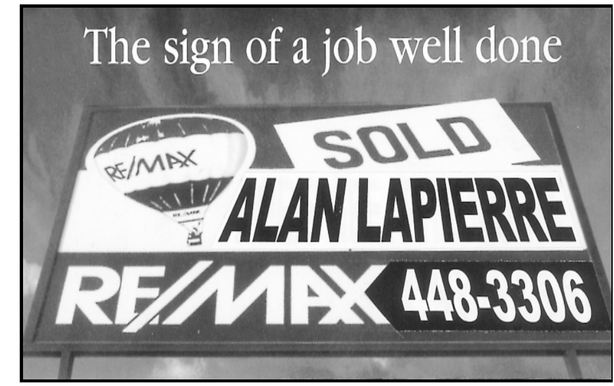
• Press the test button every month to make sure the alarm signal sounds. The test button will perform a diagnostic on the circuitry and horn.

• For battery or battery backup powered units, change the battery at least once a year, even if it's before the low battery signal is activated.

• Most importantly, remember that smoke alarms do wear out and need to be replaced every 10 years, as recommended by the NFPA (National Fire Protection Association).

Smoke alarms are important life safety devices and as such must be maintained in operating condition at all times. By following the above steps on a regular basis, you will ensure continued fire protection for the life of your alarm.

- News Canada



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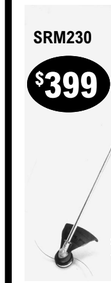

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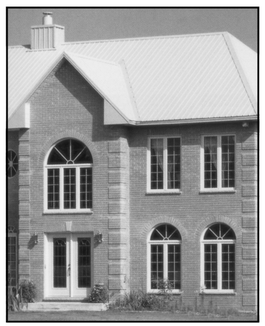

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Get ready for winter

How to keep your garden frost-free and your yard clear

Late fall is when the frost stays on the ground and we start to believe that snow is just around the corner. What better time of year than now to begin protecting your garden from the elements. Consider the following late autumn garden trends and tips:

WRAP THE TREE

Wrap burlap bags around cedar shrubs and smaller garden evergreens. When the ground starts to freeze and harsh sunlight continues to beat down from above, plants with needles begin to suffer from 'winter-burn', becoming severely dehydrated. It is important to cover these kinds of shrubs in the late fall, to ensure that they remain healthy in the spring.

To protect garden favorites throughout the late fall and early winter, cut and tie burlap bag material snuggly around garden shrubs. Burlap material still allows for some sun and moisture to get through to plants, but keeps direct sunlight from scorching them dry. For smaller shrubs place a foam bucket overtop, weighing the bucket down with a sand bag or rock. The foam will help keep shrubs insulated from the winter cold.

MAKE A TEE-PEE

To keep the shrub's shape, do-it-yourself triangular lean-tos are easy to build and place over larger garden hedges. These lean-tos keep heavy snow from bending and breaking hedges along driveways, while also protecting them from the salt on the road. Burlap material can still be wrapped around lean-tos to further protect hedges from moisture loss.

BLOW THE LAWN

Autumn is synonymous with raking leaves and clearing debris – household chores that seasonal Canadians are very familiar with. If you're tired of raking all weekend long, consider the latest in leaf blowers and blower vacs. Blowers and blower vacs are both used to blow leaves and debris, but a blower vac also vacuums and mulches these materials. If choosing a blower vac, be sure it has the highest reduction ratio possible – that is, the greatest number of bags that it can reduce to one bag.

To choose between gas and electric engines, decide who will be using the equipment and how it will be used, then compare features to make the best choice for your needs.

- News Canada



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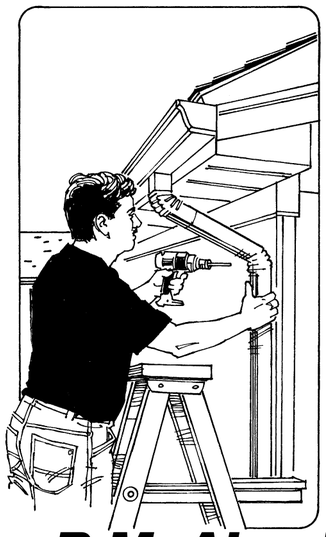

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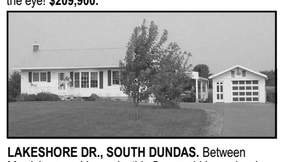
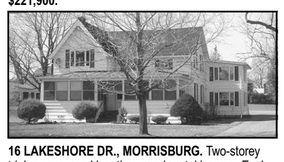


LAKESHORE DR., SOUTH DUNDAS. Between Morrisburg and Iroquois, this 5-year-old bungalow is ideal for a family, equally suitable for retirees. Three bedrooms, 2 baths, main-floor laundry, insulated and drywalled basement ready for finishing to your needs. Detached garage/workshop plus a roomy carport. Great view of passing ships. **$175,000.**



16 LAKESHORE DR., MORRISBURG. Two-storey triplex, very good location, good rental income. Each unit self-contained, with use of one section of three-car garage. Call for details. **$289,000.**

WATERFRONT LOT – Lakeshore Dr., west of Morrisburg. Good boating and swimming. Well and septic required. Natural gas available. 350 ft. water frontage. **$179,000.**
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Guildcrest keeps modular home success rolling

by Bonnie James
Press staff

MOREWOOD — "We've just had an incredible year," said Guildcrest Homes president David Poupore. The Morewood-based manufacturer of modular homes is on track to report a 25 per cent sales increase over last year.

The business expects to have sold 310 homes by the end of 2004, up from 250 last year. "It's very significant growth, and we feel it's broad based growth" said Poupore.

Although 20 per cent of this year's sales have been made to the U.S. market, the real increase has been closer to home. "Most of the growth has come in Ontario," noted Poupore. Two of the major growth areas are adult lifestyle communities and Guildcrest's network of small builders across the province.

Poupore explained that adult lifestyle communities are popping up all over. They cater to adults, often with grown children, who are ready to move out of the family home and into an adult-centred community, usually in a more rural area. "It's a really good fit for what we do," he added.

As for the small builders, Poupore said that factors such as a strong economy and low interest rates have set the stage for success in construction across the province. "We're very optimistic looking ahead to next year," he said.



New for 2004
Guildcrest Homes' new model for this year is the Algonquin, a recreational style home with a loft.

Guildcrest currently has 220 employees, the highest number ever in the company's history. This past spring, company executives knew they were going to need more people to meet the sales increase. They felt they needed too many people too quickly to go through the usual process of placing newspaper ads and collecting resumes.

"We thought, 'We've got to get creative here,'" said Poupore. He credits human resources manager Tammy Rutley-Mills with putting together the company's first hiring fair. Guildcrest rented the Morewood Community Centre and staged a hiring blitz that went from 12 noon to 7 pm. They advertised it in the media and with billboards.

"We weren't quite sure how it was going to work," said Poupore. "We just crossed our fingers."

The fair was a success, with 120 jobseekers coming through the door and 36 people being hired. "We got a good calibre of people too, experienced people," added Poupore. The project was such a success that Guildcrest conducted a second hiring fair late in the summer and hired an additional 25 employees.

• continued on next page

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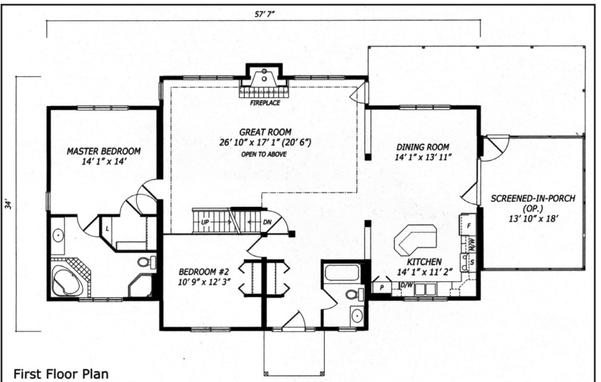


First Floor Plan

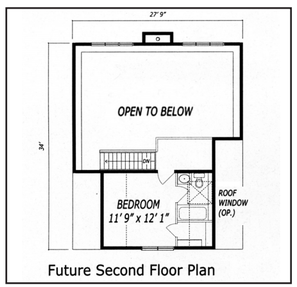
Algonquin AG582, 1,720 sq. ft.

Guildcrest Homes

• continued from previous page

Guildcrest Homes introduces one or two new home models each year. This year's addition is the Algonquin, a recreational home. It features a 1,720-square-foot main floor and a 230-square-foot loft. "It has some pretty appealing architecture," said Poupore.

Poupore noted that Guildcrest does custom design as well. "Our standard models are really just a starting place," he said. The company, which has a big design department, doesn't build any homes until they have been sold. "Every house is designed for a particular purchaser."



Future Second Floor Plan



Roof repairs

The weather during the month of September was excellent and provided home owners with the perfect opportunity to make repairs before the snow flies. Dean Hansma (right) of Hansma Construction, Winchester, said the shingles he and a co-worker were putting on the roof of a Clarence Street bungalow were sealing perfectly on yet another warm, sunny day.

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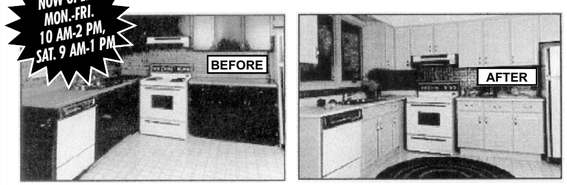

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AUTUMN 2004 FOCUS ON REAL ESTATE



Wonderful family home

This above-average, three-bedroom home overlooks the waterfront park and beautiful St. Lawrence River in Morrisburg. Features include gas heat, central air, central vacuum, hardwood and ceramic tile floors, plus an exceptional south-facing solarium with a ceiling fan. The living room has a gas fireplace constructed with brick and ceramic tile. The attached garage has a power door opener and paved driveway. A basement bedroom/den has been paneled and carpeted. The home was specifically designed to take full advantage of the wonderful views available of the river. Tasteful decorating, attractive landscaping and exceptional maintenance make this a wonderful family home. It's currently immaculately clean and in move-in condition. The asking price is $289,900.

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Stunning achievement

ReMax presents 77 South St., Chesterville at $189,000. This totally renovated all-brick bungalow boasts a living room with a cathedral ceiling, skylights and a gas fireplace. The entertainment-sized family room with wainscotting is warmed by a cozy gas fireplace and features a four-person hot tub. Gleaming hardwood, ceramic tile and upgraded carpeting are also featured. The large dining room has a sunny bay window. The eat-in oak kitchen includes appliances and has patio doors leading to a two-tiered deck which overlooks dynamic gardens and the treed rear yard. Visitors will be welcomed by a gracious front yard which is highlighted by an interlock stone driveway, pathways and a raised patio. A pleasant surprise awaits the car buff or hobbyist because a 20' x 50' insulated, heated garage/workshop is also located on the property. The structure has a loft, two-piece bath and 200 amp service. This unique home has been extremely well maintained and is situated in a desirable neighbourhood, close to a park, schools and the river. Renovated throughout — just move in! For more information or to view this one-of-a kind property, please call Alan LaPierre, ReMax Metro City Realty at 448-3306.



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AUTUMN 2004 FOCUS ON REAL ESTATE

Luxury living

Here's an amazing rare property blending modern design and comfort with the privacy and the quiet of country living. The upper floor has bright living spaces with cathedral ceilings throughout. There's a large pleasant living room with a Douglas fir mantel, a spacious formal dining room, a gourmet eat-in kitchen, an oak-clad library, a two-storey solarium, two efficient heat-circulating fireplaces, a marble-tiled washroom, and a full width deck accessed by a patio door with southern exposure.



The lower floor has four bedrooms, two full bathrooms with whirlpool tubs, one en-suite, an office, hobby room, storage room, laundry/sewing room, and two bedrooms opening to a covered patio. It features 6,000 square feet, central heating and cooling by heat pump, passive solar heating, triple-glazed windows, a patented concrete floor system, marble counter tops in the kitchen and baths, beautiful walk-in and built-in closets, and many appealing and unique artistic touches.

There's a detached multi-vehicle garage with three-door access, a workbench, an indoor/outdoor dog run, and an in-ground 20- by 40-foot pool and change house with sauna. The property includes 210 acres of category 1 land, 100 acres tile drained, with a large machine shed. The home, located at 11121 Cameron Road, is currently rented.



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Bungalow bounty

Realtors can't keep enough bungalow inventory to supply the market. Bob Volks, sales representative for Keller Williams Realty, recently sold 538 Victoria St. in Winchester. The trend in the housing market has been moving away from two-storey homes. Volks said pricing was the key to the quick sale. "If you sign a listing, make sure you're getting the advice you need to hear, not only what you want to hear," he said.

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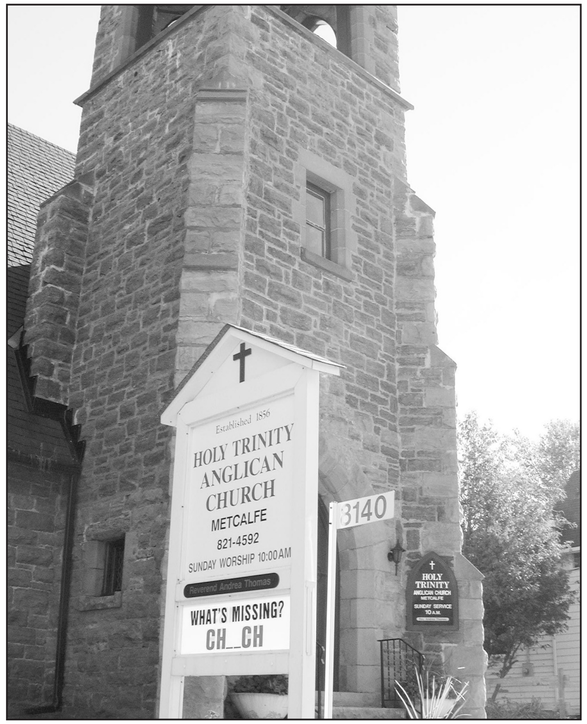

Cousineau takes on pew project

by Matthew Barbour

METCALFE — Time has taken its toll on the pews at Holy Trinity Anglican Church in Metcalfe, so they are receiving a makeover.

An older member of the congregation, 76-year-old Mervin Jeacle who was baptized in the church, said the pews had never been refinished in his lifetime. He added, "I don't think they've ever been done."

Holy Trinity Parish was established in 1856 and the church, as it stands today on Victoria Street in Metcalfe, was built in 1896 to replace a smaller wooden structure.

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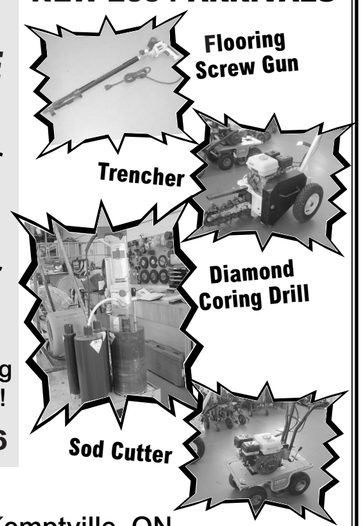

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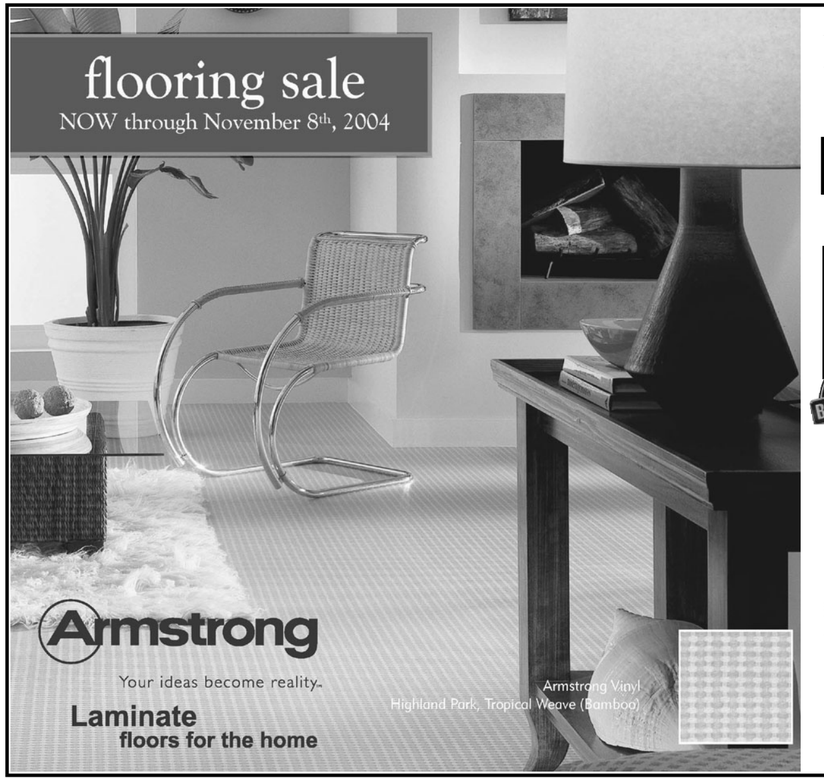

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Cousineau

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The pews in the church today are the same ones that were placed there 108 years ago.

Old varnish tends to soften considerably over time and becomes quite sticky, especially in warmer weather. Cooler temperatures preserved the original finish on the pews for some time, because until recent years the church had remained unheated during the colder months, except for days when services were held. Over the past several years, continuous heating of the church brought on an increased softening of the old varnish on the pews.

Lately, an increasing number of those attending services found that their clothing was adhering to the old varnish on the seats and backs of the benches, so the decision was made to have them refinished.

Claude Cousineau of Morewood was engaged to do the refurbishing and so far, he has completed 12 of the 23 solid oak pews. Cousineau said all of the wood in the benches was in excellent condition, but that some loose joints needed to be tightened. Otherwise, it was just a matter of refinishing the surfaces. He explained that he first removes the old finish with two coats of varnish stripper, using scrapers followed by steel wool. Once down to the bare wood, he applies three coats of urethane. "Urethane is more durable than varnish," said Cousineau.

Cousineau can fit only four of the 11-foot-long pews in his Morewood shop at a time and estimates that it takes about eight hours to complete each one. Cousineau, former mayor of North Dundas, has been in the furniture refinishing and upholstery business for 45 years. This is not the first time he has been engaged to perform restoration work for a church. He recalled how he had enjoyed refinishing curved benches from the United Church in Winchester some 25 years ago.



The pews at Holy Trinity Anglican Church in Metcalfe are over 100 years old and were in need of refinishing.

Photos – Barbour

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AUTUMN 2004 FOCUS ON REAL ESTATE

Steve Summers knows today's buyer

WINCHESTER — Thinking of selling your home in the near future? Here's some simple advice about today's homebuyer and how you should prepare your home to attract the best price possible.

In the real estate industry, the term "turn key" was once used solely by commercial realtors to describe the delivery of retail or office space to a prospective tenant. It meant they could simply move into the premise and set up shop because the premise was in "like new" condition.

In today's residential real estate market, the term turn key is used to describe the number-one preference of homebuyers. If the home is not new, it needs to feel and look as new as possible inside and out to appeal to the average homebuyer.

For today's home seller, this brings about a number of questions. What is more important, the roof or the kitchen? Should we redo the bathroom or have the floors done? What are the benefits of cosmetic versus mechanical systems? A quick review of market data shows that almost any improvement that you make will influence your property's value in a positive way and usually will bring an equal return in dollars when you sell.

Conversely, anything that needs doing that you don't do will cost you more money by way of a lower sale price, or will stop the sale of the property completely. So if selling is in the plans down the road and there is an improvement you've wanted to make but have held off on, make it and enjoy the change while you are there. This way you will get twice the benefit in the long-run.

If you need help deciding where to start or what is most important, call Coldwell Banker/Coburn Realty realtor Steven Summers and he will help you with the process.



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This very well-kept three-bedroom home in the west end of Morrisburg is surrounded by similarly attractive properties. It's situated on a lot with 68 feet frontage and measuring 150 feet deep. It offers attractive decor, a sunken floor in the living room and oak cupboards in the kitchen. It has an open concept living room, kitchen and dining area with a patio door opening to a 12- by 16-foot deck. The lower level has a family room with a wood stove and a built-in wood box, a fourth bedroom/office, and a laundry room with a three-piece bath. The master bedroom has access to the main bath and there's a two-piece bath off the back entrance. There is a large, dry crawl space for storage. There are cable and telephone jacks in all the bedrooms, the living room, and the family room. The backyard is well landscaped and hedged. A building location survey is on file. The home is equipped with an air conditioner, air exchanger, central vacuum, and speakers in the kitchen. It's heated with forced air gas. Other special features include a playhouse, garburator, dishwasher, electric garage door opener and drapery in the living room. Asking $185,000.



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AUTUMN 2004 FOCUS ON REAL ESTATE

Winchester: the best-kept secret in region



WINCHESTER — This two-storey is one of the popular styles in Winchester. In immaculate condition, the home features fabulous landscaping with a private yard, plus a hot tub. Locals know the "secret." Quick commuter routes via Anderson or Boundary roads lead to Highway 417.

And drive-time to the east end or downtown Ottawa is only 30 to 40 minutes. "Getting the Ottawa buyers to realize how easy a commute there is available, without battling with traffic, is the hard part," Oldford explained. "Once we tell them the routes and what we have to offer, it's not hard to sell Winchester." The real estate market in North Dundas continues to grow. Oldford said he can tell immediately how quickly a property will sell based on its appearance from the street. "Usually, in a house, what you find outside is what you see inside," he said. There are always buyers for well-maintained homes, especially when they offer additional touches such as gardens. Seniors and young families from Ottawa are eager to explore the possibility of locating in a rural area. He said services such as Winchester District Memorial Hospital are huge selling points. Also, facilities such as the Winchester Centennial Pool are highly impressive. Oldford said younger families are easily sold on the community when they realize there are probably more opportunities to play sports in Winchester than they would have in Ottawa.



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There are three bedrooms upstairs and two downstairs, all equipped with forced air natural gas heat. The residence is very well maintained and will prove maintenance free. Be a wise homeowner and investor with this opportunity. We also have other investment properties available.

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You can tile like a pro

At some point, you've probably looked at tiles and thought, "It can't be that difficult." You're right. It isn't.

All it takes is the desire to do the job, and the patience to do it right. With a little advice and the proper materials, even someone who's never laid a tile before can transform an old, tired-looking bathroom into something fresh and new.



Tiling is one of the do it yourself areas that people are timid about. It looks so simple that people assume there must be some kind of trick to it. Once they find out how simple and satisfying it can be they never look back.

The keys to successful tiling are being prepared and being patient. Tiling experts offer a few simple rules to remember.

• Take your time. Once tiles are down, they're down. You need to do it right the first time.

• Don't start tiling in a corner. Start in the centre of the room and move outward.

• Don't leave the grout on for too long. Fifteen minutes is all it takes. Longer than that and it will glaze over the tiles. Then you have to buy grout remover and use a lot of elbow grease to clean it off.

• Sand down painted surfaces before tiling so the tiles will stick better over the long term.

• Nail down the floor. Make sure you fasten any spongy or squeaky parts of the floor before tiling. Otherwise the grout may crack once the tiles are in place.

• With all the variety in tile available today, including ceramics, quarry stone and tumbled marble, there is a tremendous amount of choice available. Tiles come in all textures and colors and can really make a design statement in a bathroom or kitchen.

The truth is that, with all the options available, sometimes picking the right tile for you is the hardest part of the job.

- News Canada

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$149,900. 3+1-bedroom hi-ranch on large peaceful country lot. Rec room, laundry & bedroom on lower level, two full baths on main floor. Huge deck, lots of trees. Enjoy!



$159,000. GREAT 2-FAMILY HOME, rent one unit or use it as an in-law suite. 2 full baths, 2 living rooms, 2 kitchens, 2 dining rooms, 3 bedrooms, huge garage with gas furnace. Fenced back yard, deck and balcony.



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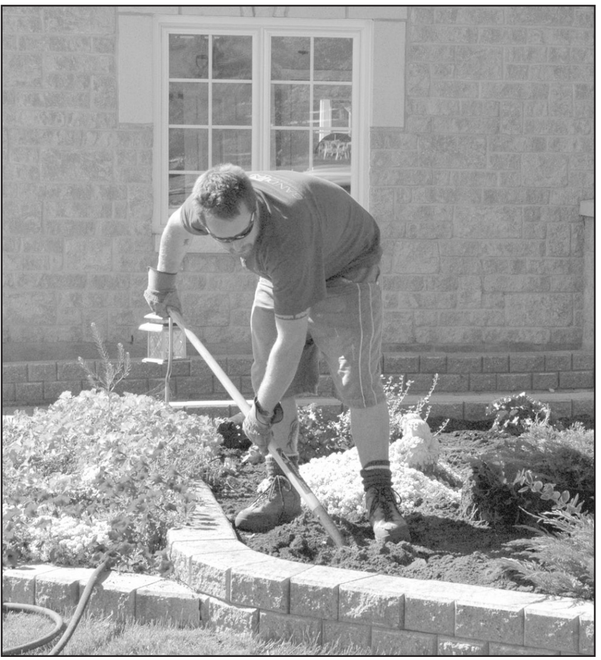
$129,900. VALUE HERE, and only 45 min. from Ottawa. 2+1 bedroom, 1-1/2 baths, in-law suite in basement. Hardwood, ceramic, new kitchen, large fenced-in yard. Single-car garage, storage, workshop.



Planting time

Conditions have been a little dry this fall so watering recently planted perennials, shrubs and trees has been necessary. Jay Jordan and a crew from Ormond's Ganden Landscapes Ltd. took advantage of ideal working conditions to complete a job at a new home on Christie Lane in Winchester's Cloverdale Meadows. Press Photo — Van Bridger

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