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H1N1 VACCINE P3

Wristband system helps ease city's crunch of flu shot seekers

Residents line up for the city's free H1N1 flu vaccination clinic at the Tom Brown Arena yesterday.

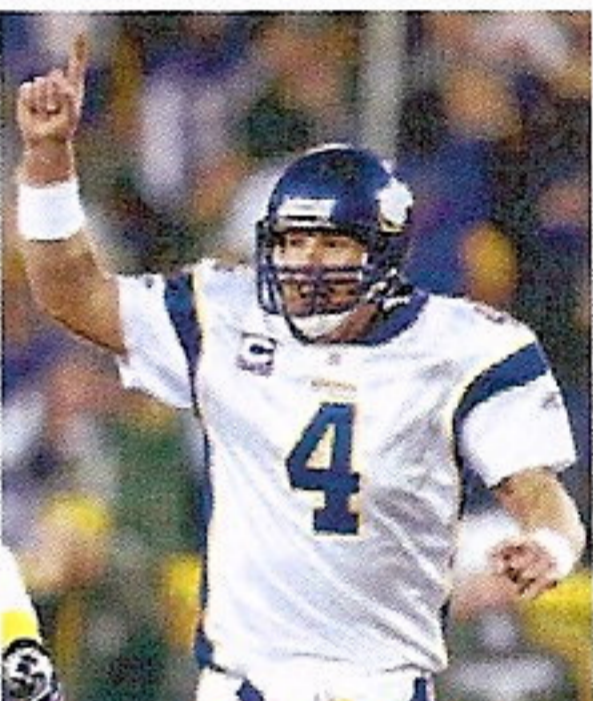


24 HOURS
MONDAY
NOVEMBER 2, 09

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SUN MEDIA CORP., 6 ANTARES DR.,
PHASE III, OTTAWA, ON, K2E 8A9

High 8
Low 1

Variably cloudy, with light winds.



> Sports P12

Brett Favre leads the Vikings back into his old stomping grounds in Wisconsin and comes away with the victory.

Pass this along to another reader!

PHOTO: AEDEN HELMER, SUN MEDIA

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RENOVATIONS

Making changes? Have a plan



Canadians will spend more than \$30 billion, and untold time and energy, on home improvements this year. So it's imperative to do them right the first time.

CHERYLL GILLESPIE, SPECIAL TO SUN MEDIA — It's high season for home design. Home centres and design stores are bustling as we focus on redesign and renovation projects.

Canadians will spend more than \$30 billion, and untold time and energy, on home improvements this year. So it's imperative to do them right the first time.

Following these basic project guidelines will help ensure a successful project.

Let's get started by sitting in the space we're about to redesign and taking an honest look around, defining and evaluating the room.

Ask yourself, what are the room's strengths and weaknesses. Positives such as fabulous fireplaces, high ceilings, and windows with great views can be enhanced, while less redeeming features such as off-centre architectural elements, low ceilings, or small spaces can be minimized or camouflaged.

Your next step is where the fun begins, creating colour and textural palettes.

It's important to understand that texture can create as much visual excitement and drama in a space as colour. Knowing how to use texture is vital if you're drawn to a monochromatic colour scheme.

I asked people at one of my design seminars recently how many of them had put together a colour board for spaces they were redesigning and no one raised a hand.

A colour board is your testing ground to see which colours, textures and materials relate best to one another.

Try not to be predictable in how you use or place your furniture. Keep pieces away from the wall. The room needs to breathe, so be sure to give each item the space it needs and don't be afraid to angle your furniture to create a much more interesting placement.

When shopping for new furniture, remember that pairs usually work best — two sofas

or two love seats, for example, usually create a more balanced and pleasing seating arrangement than one of each. In a smaller space, a sofa and two chairs is a balanced grouping.

Now look at accent pieces and their positioning. Every room must have a focal point. Natural focuses in a living room are a fireplace or a window with a great view, not the television. In the bedroom, it's the head of the bed. Arrange furniture so that all main seats engage with the focal point.

Now check your designer's

intent and show us a little attitude. Be creative and ensure that pieces in the room aren't too matchy-matchy. Mix it up and put pieces together that work and compliment each other, even in unexpected ways.

A home should tell a story — your story — so ask yourself what you want to share with people who visit your home and then bring it to life.

CHERYLL GILLESPIE IS AN INTERNATIONALLY CELEBRATED, AWARD-WINNING DESIGNER WITH A PASSION FOR TRAVEL. VISIT HER ONLINE AT WWW.CHERYLLGILLESPIE.COM.



Accessories for the home

>> Tackling small spaces

Yanic Simard, principal designer for the Toronto Interior Design Group, was recently challenged to redesign a 511-square-foot condo to make it more livable. "Quality, details and the right choices are paramount in designing a small space," says Simard. Here are Simard's tips for small spaces.

Functionality

In this condo, the corner unit has great views of the city and the lake. The builders had originally intended for the dining room to be positioned next to the kitchen and the living area in the far end, absorbing the view. Simard reversed the position of the dining and living areas: Placing the living room next to the open kitchen allows the homeowner to interact with guests while preparing a casual meal; when everyone sits down at the dining table, they overlook the view. Another design trick was to replace the existing kitchen countertop with one that overhangs, creating additional seating and room for new appliances.



Visually appealing

The walls are painted in soft Classic Grey to lend a look of open space, and windows are framed with ceiling-to-floor sheer drapes to create privacy while maintaining the view of the city and lake. Simard also incorporated artwork throughout the space.

Furniture that fits

Selecting appropriately sized furniture was essential when furnishing this small condo. Scaling the furnishings to match the dimensions of each room allows for an easy flow of movement and also tricks the eye into the illusion of more space.

Reduce the clutter

Creating storage is important when it comes to maximizing small spaces. In this condo, Simard reduced clutter by establishing shelving in the dining room, kitchen and study. Metallic Gus Modern floating shelves are used to display picture frames and books in the dining room, while plates, cups and bowls are stored on a hanging self to showcase an organized kitchen.

