



LIFE AT HOME

DECOR • DOMESTIC ARTS • RENOVATIONS • RENTALS • RESALE

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AROUND THE HOUSE

Healthier grilling

CUISINE • The folks at Weber want to help you use your barbecue or outdoor grill to its best advantage — and yours.

They've published Weber's Grilling What's Good For You, a free 34-page booklet that's filled with healthy and handy grilling tips and recipes — just download it from weber.com/goodforyou.

Here are their four tips for healthy grilling:

1. Don't go for the burn — when you char the food, it's not healthy; when you cook it properly, it is.
2. Take the guesswork out of grilling — use a thermometer and timer to let you know when it's time to remove food from the grill.
3. Trim excess fat from steaks and chops — this reduces flare-ups and calories.
4. Use different utensils and preparation surfaces for raw and cooked foods — this avoids cross-contamination, as does washing your hands frequently.

If you have questions about grilling and recipes, you can also call the Weber Grill-Line at 1-800-474-5568.

— Calgary Herald

Communing in colour

ONLINE • The employees at your local home-improvement store would love to answer your every question about paint, if there weren't 10 other people waiting to be helped.

So why not blog about your paint issues on Color Buzz, Beehive Studio's Color Blog, colorbuzz.valsparblog.com.

Through this blog you can get advice on making colour choices and tips on the painting process, while learning from others in similar situations. The designers of Beehive Studios, colour consultants for Valspar, lead the blog and take questions, comments and pictures about the colour troubles and happy moments you experience. Categories include bathroom finishes, bedrooms, colour trends and designs, among others. Oh, and don't worry about missing posts. The blog has an archive.

— McClatchy Newspapers

Bunk-bed safety

KIDS • It's 3 a.m. Do you know whether your child is safe on his bunk bed? The American Home Furnishings Alliance offers this checklist:

- Children younger than six shouldn't sleep on a bunk bed.
- The top bunk should have guardrails, with no more than 38 centimetres open at one end for entering and exiting. Rails should be secure and sturdy and should extend at least 30 centimetres above the top surface of the mattress.
- The mattress should be the proper size for the platform, as stated by the manufacturer.
- Use a sturdy ladder to enter and exit the top bunk. Only one person should be on the top bunk at a time, and never position a bunk bed under or near a ceiling fan or ceiling light fixture.

— McClatchy Newspapers



Carrington Lighting Gallery

■ 400, 33 Heritage Meadows Way; 403-259-3532; carrington-lighting.com

■ Artcraft, Casablanca, Kichler and Schonbek are just a few of the lighting manufacturers that you'll find at Carrington's newest location, in the Meadows (which is replacing its Macleod Trail location). There's a huge range of lighting here, from cheap and cheerful to determinedly upscale (think Swarovski crystal).



EQ3

■ Furniture and accents, 100, 8180 11th St. S.E.; 403-212-8080; eq3.com

■ Born out of a desire to make modern design accessible and affordable for all ages, EQ3 has softened its original European leanings with North American influences. The result is a globally inspired collection that evokes both the sleek lines of modern design and the comfort demanded by modern homeowners.



The Laundry Store

■ 840, 8180 11th St. S.E.; 403-252-0700; thelaundrystore.ca

■ They had us at the Persil. This European staple of laundry detergents has a distinctive scent, taking anyone who's lived in Europe right back to laundry hanging. Sigh. But that's just the start — from washers and dryers to steamers and every laundry accessory you can think of, The Laundry Store is packed with inspiration.

Step out with us as we explore the decor-rich neighbourhoods of Calgary (and slightly farther afield), where it's as easy to find unique local talent as it is internationally renowned designers. This week, our series explores Deerfoot Meadows, but you can explore more at any time, online at calgaryherald.com. Go to the Life at Home section, find the Design Walks icon, and click away.

BIG BOX HEAVEN AT DEERFOOT MEADOWS

YVONNE JEFFERY
CALGARY HERALD

You can't miss the retail centre that is Deerfoot Meadows — anchored by the distinctive royal blue and bright yellow of IKEA, the shopping area offers a number of home design and decor stores, conveniently located next to the decor hub of Heritage Gate (which we'll visit in a future article). Plan on spending a half to full day here, especially if you're going to IKEA — it can easily soak up half a day all on its own. The location is just off Deerfoot Trail south of Heritage Drive; the development's (slightly outdated) website is deerfootmeadows.com.

Favourite finds

- IKEA's Stockholm chair with Blad multicoloured upholstery, for its bright green hues and simple lines. \$349
- EQ3's selection of neutral accessories with modern lines, including the Salton table lamp. \$149.99
- Persil laundry detergent at The Laundry Store — just for the memories of Europe. \$84 for 7.6 kg (which lasts a loong time).

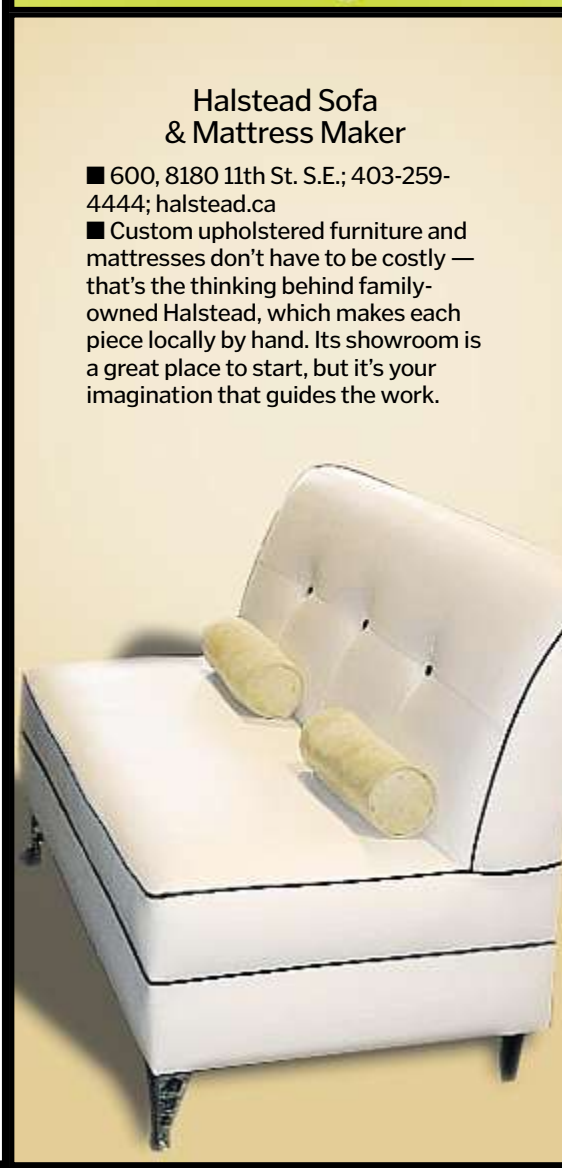
SEE BIG BOX, PAGE G2



IKEA

■ 8000 11th St. S.E.; 403-273-4338; ikea.ca

■ The Swedish giant combines streamlined designs and low prices to create a global juggernaut of a decor store. It's nothing if not versatile — from multiple slipcover choices for sofas and chairs to shelving that can be built in endless combinations — and since you put it together, it keeps your costs down.



Halstead Sofa & Mattress Maker

■ 600, 8180 11th St. S.E.; 403-259-4444; halstead.ca

■ Custom upholstered furniture and mattresses don't have to be costly — that's the thinking behind family-owned Halstead, which makes each piece locally by hand. Its showroom is a great place to start, but it's your imagination that guides the work.



Poggenpohl

■ 280, 8180 11th St. S.E.; 403-301-0288; poggenpohl.ca

■ This kitchen design destination — which comes to Calgary via Germany — raises the utilitarian and practical to the level of art. From unique materials to integrated lighting, Poggenpohl makes a kitchen a gorgeous investment.

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Spruce Cliff - \$419,000

#1003 & #1607 - 55 Spruce Place, SW - 2 new condo suites w/ beautiful views of the golf course & cityscape, 2 bdrms, 2 baths. Terrific amenities include gym, pool & hot-tub. Minutes to downtown, close to all the amenities of the West Hills & steps away from Westbrook Mall!

Springbank Hill, \$459,000

42 Spring Crescent, SW - 3 bedroom bungalow with gleaming hardwood floors, 1118 SF situated the corner lot of a quiet street! Kitchen with classic white cabinetry & bright dining nook w/ access to large rear deck. Close to bird sanctuary, Griffiths Woods & minutes to DT!

Springbank Hill, \$568,000

135 Tremblant Way, SW - Situated in the sought after "Summit of Montreux", this 1953 SF 3 bedroom home boasts: 2.5" veined exotic Brazilian granite counters, limestone mosaic backsplash, maple hardwood floors, limestone fireplace & jet tub in master ensuite!

Strathcona Park, \$575,000

109 Stradbuck Crescent, SW - Beautiful 3 bedroom with walkout! 2057 + 1186 SF of fabulously functional family space! Vaulted ceilings, renovated kitchen with SS appliances, spacious master with newly renovated ensuite boasting luxurious jetted shower & hydrotherapy tub!

Strathcona Park, \$695,000

55 Stratton Crescent, SW - Location, location, City views, South backyard, across from the ravine & siding treed green space! 2223 SF, tastefully renovated, 3 bdrms, jetted tub in master ensuite, jack n' jill ensuite, wood burning f/p, hardwood floors & granite counters in kitchen!

Strathcona Park, \$749,000

1634 Strathcona Drive, SW - Recently renovated! Wonderful location, backing directly onto a large park area, this bungalow boasts: developed walkout, over 2700 SF of living space, 2+2 bedrooms, soaring ceilings, hardwood, granite counters & beautifully landscaped south backyard!

Cougar Ridge - \$775,000

107 Cougar Plateau Circle, SW - Custom built 2615 SF home in the prestigious Promontory of Cougar Ridge. 2-sided stone f/p visually divides large dining room & great room, complete with built-in entertainment centre. Granite counters, SS appliances & slate backsplash in kitchen.

Killarney, \$799,000

3020 - 27 Street, SW - New home! Executive attached home w/ developed basement & double garage, over 2800 SF of living space, granite counters, Grohe fixtures, vaulted master, rain shower, 3 bedrooms upstairs, basement boasts wet bar, games room, 4th bedroom.

Signal Hill, \$875,000

101 Sienna Park Gardens, SW - Stunning 5 bedroom home offering over 2600 SF plus developed walkout sitting atop Sienna Hill with sweeping views! Vaulted living room with 2-sided fireplace. Master suite boasts fabulous views, huge walk-in closet and luxurious jet-tub ensuite.

Altadore \$1,050,000

4927 - 21 Street, SW - Exceptional contemporary style 2463 SF in-fill on a large lot, high-end finishes, granite counters, gleaming hardwood, limestone tiles, very chic urban style, 3 bedrooms, master w/ huge walk-in closet & private balcony, sunny west backyard!

Discovery Ridge, \$1,450,000

31 Discovery Drive, SW - On the ridge, overlooking the valley & pond, panoramic views from most rooms. A very rare find, this home has an elevator! Tastefully decorated, high-end finishes, airy & open plan, soaring ceilings & windows, 2750 SF + dev'd walkout, 3+1 Bdrms & den, 3 1/2 p's

Shaganappi, \$1,475,000

1724 - 24A Street, SW - Just a few minutes to downtown and situated on an extra wide 40' x 125' lot, this luxurious 2,541 SF 3+1 bedroom home boasts: Masterfully developed basement, 3 storey spiral staircase, 25' x 15' 2 tiered media room, and over-sized triple garage!

Discovery Ridge, \$1,495,000

30 Discovery Vista Point, SW - Panoramic views! Griffiths Woods & the Rockies can be seen from nearly every room of this stunning new 4 bdrm home situated atop the ridge in Discovery. Granite counters, stainless steel appliances, hardwood floors, huge master & walk-out basement!

Elbow Park, \$2,195,000

130 Garden Crescent, SW - Architecturally designed, as new, an exquisite renovation, a fabulous downtown retreat in tranquil location backing ravine, steps to river & Glencoe Club. Features dual master suites, amazing kitchen, sexy wine cellar & media room.

Springbank - \$3,200,000

53 Uplands Ridge - Perched on the ridge w/ fabulous Rocky Mountain views from nearly every room! 6 car heated garage, 6,800+ SF of luxury incl.: 3 bedrooms, 2 level office w/ 33' fieldstone fireplace, state-of-the-art media room, gym complete w/ shower & stunning wine cellar.

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