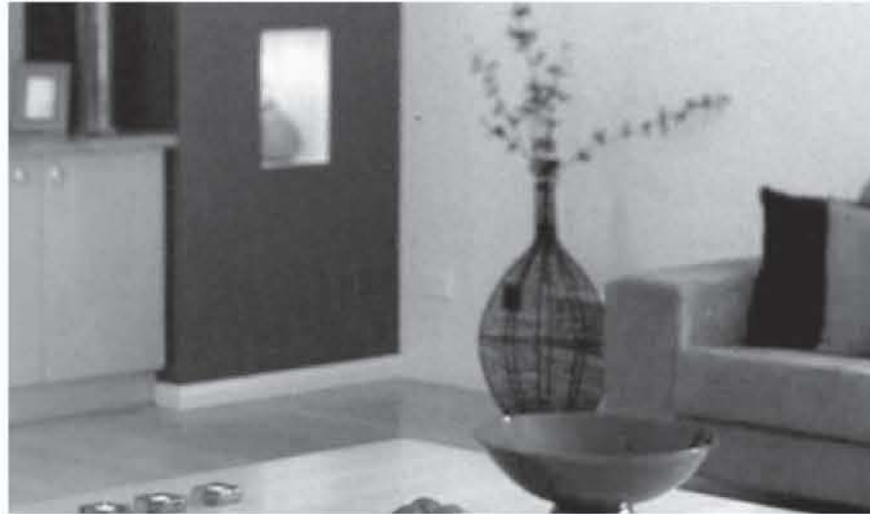


THE GREEN REPORT - PART ONE

Winning sources

A guide to sensible renovations from a veteran of the building industry



Bamboo is a fast-growing grass being used for durable floors and furniture.

BY SHEILA BRADY

There are many ways to save energy and live the green life, says Paul Denys, a 23-year veteran of the design and renovation industry, who has won design honours for thoughtful restorations of heritage homes.

Old or new, his 29-point approach to sensible design ranges from scaling down our living spaces to buying the most energy-efficient appliances available.

The owner of Denys Builds Designs volunteered to share the knowledge and sources he has gained during a career of small-scale renovations and restorations that have twice earned heritage awards from the City of Ottawa and honours from the Ottawa-Carleton Home Builders' Association.

Denys will be at the Ottawa Home & Design Show at the Ottawa Congress Centre today and tomorrow.

1. COMPACT LIVING: Denys' first and most important premise to green living is to downscale your spaces, especially when considering an addition. It takes less energy to heat and cool smaller spaces, so it makes sense to ditch the dead living room or take down the walls separating the dining room. The average family has shrunk to 1.2 kids and if you look at demographics, there will be an even greater demand for smaller, one-storey homes.

2. LIGHT TOUCH: Use fluorescent lights and infra-red motion detector light switches (www.wattstopper.com) in bathrooms, hallways and storage rooms.

3. DIM DOWN: Check out Lutron Maestro fade dimmers at www.prolighting.com. You will use less electricity and your light bulbs will last five times longer. The Lutron and Wattstopper are available at Marchand Electric, 283 Algoma Rd. Call (613) 749-2279 or visit www.marchandelectric.com.

4. DAY LIGHTING: Before building or adding to your home, carefully look where you will use energy-efficient windows. Then add more natural light with Solatubes (www.solatube.com), an alternative to skylights and switching on a lamp. You can put a light inside the Solatube for night-time light.

5. RECYCLE: You don't have to always use new products when renovating. There are great architectural doors, flooring and other materials in shops across the province. It also makes for great exploring. Check out these sites: www.thedoorstore.ca in Toronto on Castlefield Road near Ginger's, which is another great source for hardware and bath fixtures. Ginger's & Summerhill is at 95 Ronald Ave., (416) 787-1787 or www.elte.com. www.legacyvintage.com in Port Hope, Ont.. www.balleycanoeco.com in Brockville, Ont. www.artefacts.ca in St. Jacobs near Kitchener, Ont. www.happyharry.com in Toronto

6. AVOID LARGE USE OF CONCRETE: It's durable and long-lasting, yet takes a lot of energy to manufacture.

7. TURN TO BAMBOO: It is a fast-growing grass that matures in as little as seven years, grows anywhere without fertilizers or pesticides and releases 35 per cent of oxygen back into the air. Check out these sources: www.bambookitchensff.com www.poirierkitchens.com/whatsnew/index.html

www.totallybamboo.com

8. WASH TIME: Commit to smaller, longer-lasting, energy-efficient appliances, including the 18-inch Miele dishwasher. This little baby will hold as many dishes as an American-built, 24-inch dishwasher. Also consider dishwasher drawers.

9. LOW FLUSH: Use low-flow toilets and low-flow showerheads. Toto's EcoPower faucet uses its water flow to power its own sensor-activated control.

10. INSTANT HOT: Tankless water heaters are hot commodities, including the Rinnai tankless water heater. www.rinnai.us

11. FIRE'S BURNING: Consider an alcohol-burning fireplace, forget about the need for a flue and never have to fret about heat escaping up your chimney. www.ecosmartfire.com/canada/home.php

12. OLD IS SOMETIMES GOOD: Did you know that a 100-year-old window can be weather stripped for as little as \$250 and it will be as air tight as a new version that can cost as much as \$2,500.

13. FENCE US IN: Look beyond cedar and pine when looking to build a fence. Think of bamboo at www.bamboofencer.com.

14. FRESH AIR: Use green cleaners, low-VOC paints by manufacturers, including Sherwin-Williams at www.sherwin-williams.com; 100-per-cent wool rugs, which wear longer than synthetics; and cabinets made of wheatboard.

15. RAINY DAYS: Save rain water in a barrel, but don't forget the bug screen to lower the threat of West Nile Virus and then use the water on your lawn and garden. The Arbour Environmental Shoppe, 800 Bank St. (613)567-3168, carries the barrels and other environmental products. www.arbourshop.com

16. DONATE: Give your old kitchen cabinets or bathroom vanity to the Habitat ReStore at 2370 Walkley Rd,

(613) 744-7769 or visit www.habitatnrc.com. Then you will be certain your stuff won't end up in a landfill site.

17. BE SURE: Test all plaster, insulation and floor material made prior to 1983 for asbestos. Don't try to remove it yourself. Hire a certified abatement contractor.

18. CLEAN UP If you are stripping old wood work use a steam box or industrial garment steamer. You will get better paint removal than using a stripper and be aware that a heating gun causes lead-based paint to vaporize.

19. STAIN: When reproducing a clear finish on interior wood trim, it's best to use a Clear Bull's Eye Shellac and when staining wood, use a mild solution such as vinegar and steel wool to ebonize wood. www.naturalhandyman.co

20. GREEN THUMB: Plant drought-tolerant plants instead of high water consuming grass to make your outdoors a different shade of green.

21. IT'S SIMPLE: Compost and compost some more.

22. GO BIG: Use larger windows on the south side of a building for greater heat gain in the winter. Also include a roof overhang, to shade your south-facing rooms in the summer. After all, shade is cool.

23. INSULATION: Use cellulose insulation because manufacturers add borate or borax to fire proof, insect proof and mould proof your home. It is also a wood preservative. www.cellulose.com

24. ENGINEERED PANELS: Kirei board is an eco-product made from the Sorghum plant in China. It is an engineered panel product used in interior architectural millwork. www.kireiusa.com

25. COLOURFUL OPTIONS: Marmoleum flooring is made from cork, limestone and natural resins. It comes in many colours and can add a retro feel to your renovation. www.themarmoleumstore.com

26. MAN-MADE: Engineered flooring is 1/4-inch thick hardwood laminated with plywood to create a stable floor that stretches our hardwood resources. www.bhkofamerica.com and www.kahrs.com.

27. BUILD TIGHT AND VENTILATE RIGHT: Install a heat recovery ventilator (HRV) and increase the air quality in your home.

28. SHADES OF GREEN: More green home sources: www.ecologicalhomeideas.com www.greennest.com www.debraslist.com

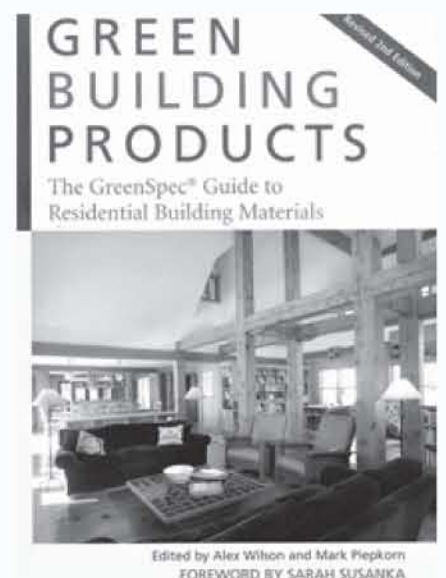


Renovator Paul Denys will be at this weekend's Home & Design Show.

www.organicmatressstore.com
www.greenbuildermag.com a new magazine by Hanely Wood

29. GUIDE BOOK: One of the best and most informative books available for going green is Green Building Products, The GreenSpec Guide to Residential Building Materials. It is edited by Alex Wilson and Mark Piepkorn and contains valuable information on new appliances to smart insulation. It is co-published by Building Green and New Society Publishers.

Contact Paul Denys at 613-594-1706 or www.Denys.ca



HEAD TO THE SHOW

The Ottawa Home & Design Show returns to the Ottawa Congress Centre this weekend for its fourth year with more than 150 exhibits of the latest home furnishings, finishes, accessories and green sources for environmentally-friendly solutions. Doors will be open today and tomorrow from 10 a.m. to 6 p.m. Admission is \$12 and includes unlimited re-entry. Children 17 and under get in free.