

# POETRY LIVING

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**How To  
Build A  
Winter  
Garden**

**Q&A**

**WITH STEVEN  
DEL DUCA**

**OUR  
FAVOURITE  
WINTER  
RETREATS**

**THE ULTIMATE  
HOUSEWARMING  
GIFT GUIDE**



Poetry Living is a well-respected builder of new low-rise, mid-rise and high-rise communities in and around the GTA.

**COMPLETED COMMUNITIES**

Parkside  
Alliston



View In Vaughan  
Vaughan



View In Vaughan 2  
Vaughan



Abbey Lane Towns  
Markham



CityPointe Commons  
Brampton

**UNDER CONSTRUCTION COMMUNITIES**

Ellis Lane  
Caledon  
**Singles**  
Sold Out



CityPointe Heights  
Brampton  
**Condominium**  
Sold Out

**COMING SOON COMMUNITIES**

CityPointe Heights  
(final release)  
Brampton  
**Condominium**  
Coming Soon



Ellis Lane Phase 2  
Caledon  
**Singles & Towns**  
Coming Soon



Trent Meadows  
Norwood  
**Singles**  
Coming Soon



**ABOUT THE DÉCOR STUDIO**

Design is in the details, which is why we also offer everything from doors and railings to plumbing fixtures and door handles. Our helpful and knowledgeable staff will be there to [guide you through](#) the process of designing the home of your dreams.

Every new Poetry Living homeowner will be welcomed to our state-of-the-art facility featuring over 3,000 sq.ft. of inspiring vignettes and selections to ensure your home is personalized to your family's needs and budget. Our design consultant will be with you throughout the process to help you feel confident and comfortable. From structural changes to colours and finishes, we are here to help.

# How To Build A Winter Garden

We can all use some extra greenery in our lives during the coldest months

*By Naomi Olivotti*

**Gardening** doesn't have to wait until spring. With a few simple steps, you can have a **lush**, little in-home garden full of fresh herbs and produce to use for cooking.

Generally speaking, plants that are **harvested** for their leaves tend to perform better indoors than ones with edible fruit. For example, microgreens, sprouts, lettuces, herbs are a few that tend to grow better indoors, than say, tomatoes, cucumbers, or peppers.

Here's a brief guide to setting up your garden, and how to keep it **thriving** all winter long.



## Getting Started

All you need is a large window with lots of sunlight. Since the days are shorter, if you see your plants struggling you may want to invest in some supplemental lighting in the form of grow lights which retail for less than \$50. Full spectrum fluorescent bulbs are commonly available and are the most cost effective.

Depending on how cool or dry your home is, you may also want to invest in a space heater or a humidifier to keep your plants happy. Plants grow best at just over 21 degrees celsius and all your plants will benefit from additional humidity. But if you group your plants together, it will help control for excessive dryness.

Next thing you'll need are pots of sufficient sizes with adequate drainage (terracotta is always a good choice) so that the roots don't drown. Plant caddies are a great purchase, so that you can easily move your plants around the home when needed.

Make sure you have a potting soil suited for growing veggies or herbs, and pruners or shears to help with keeping the plants neat and with harvesting when the time comes.

# What



# To

# 1

## Herbs

Basil, oregano, mint, thyme, rosemary, dill, and other herbs are among the easiest edible plants to grow indoors during the wintertime. Of these herbs, mint is generally the easiest to grow since it's the most shade tolerant. However, it will still need a few hours of direct light each day to thrive. Basil and dill have the highest heat requirements, so you'll want to make sure they're located in a room that stays above 16 degrees celsius during the night.

# 2

## Leafy Greens

Lettuces, arugula, spinach, kale, and other leafy greens are also easy to grow indoors, though you'll have more luck harvesting them as baby greens. Sow a new batch of seeds every few weeks to maintain supply of leafy greens. Greens are easy as they do not need supplemental light if located in direct sunlight against a sunny window. If not, 10 to 12 hours of artificial light daily will do the trick as well.

# 3

## Sprouts

Sprouts are by far the easiest way to grow a little fresh food in the depths of winter. And to make it even easier for you, there are sprouting kits available online (which are basically mason jars with a perforated lid). All you'll need to do is soak the seeds — mung beans, alfalfa, sunflower, etc. — for a day or two and then leave the seeds to germinate in the jar, rinsing twice a day. For sprouts, no direct sunlight is required, all it needs is ordinary room lighting.

# 4

## Microgreens

Microgreens are essentially sprouts that have grown their leaves. Unlike sprouts, microgreens require soil. A seedling tray filled with potting soil is perfect. For this you will need to soak the seeds overnight to get them started germinating and cover them with a thin layer of soil in a flat tray. Make sure the soil remains moist. You'll know when to harvest once the first leaves emerge by cutting them with scissors just above the soil.

# Grow

## Care Instructions

Be sure to water your plants diligently because indoor air tends to get very dry during the wintertime. If you are unsure whether it's time to water, check the soil with your finger, and if it feels dry to the touch, it's time to give it some water.

If you are typically one that forgets to water your plant, there are many apps available that you can use as a tool. Planta is one app that allows you to set reminders for watering, fertilizing, cleaning, and repotting so that you'll never forget about your plants again.

The care recommendations, of course, differ based on where you live and the time of year. You can also upload pictures of your plants over time to track their growth.

# The Grand Success of CityPointe Heights

In May 2022, CityPointe Heights launched its first 500 suites and **sold out** all of them in less than four weeks.



  
**CITYPOINTE**  
heights

BRAMPTON / VAUGHAN / TORONTO



The new condo community, located at The Gore Road and Queen Street East, is on the border of three of the GTA's fastest growing cities: Brampton, Vaughan, and Toronto.

The mixed-use community features 650 suites spread out over a nine-storey podium, and between two towers at 25 and 35 stories respectively. Residents will enjoy exclusive access to the community's amenities including luxe entertaining spaces, a state-of-the-art fitness and yoga studio, and a rooftop terrace on the 10th.

The ground floor also features a vibrant community space, with a range of shops and services.



Construction is already well underway. To register your interest in the future release of the remaining suites, visit [PoetryLiving.com](https://PoetryLiving.com)



CityPointe Heights is a TACC/HBNG development

# Our *favourite* Winter Retreats

A few seasonal escapes near Poetry Living communities

BY AMY GREISS

When the winter blues hit and the holiday season has taken a bite out of your vacation budget, a short close-to-home getaway can be just what the doctor ordered. Treat your travel bug with a nearby cozy weekend away with your partner, your family, or even a solo trip.



## *Hockley Valley Resort*

25 MINUTES FROM ELLIS LANE, CALEDON

Skiers and snowboarders, this getaway is for you. Hockley Valley resort offers a Stay & Ski winter getaway package so you and your family can run the scenic hills all day and cozy up in their lodge at night. Feeling sore after a day of skiing? Choose from a variety of massages and treatments at their spa to unwind. Then visit their wonderful restaurant, where the world-class chefs will prepare a seasonal menu from local ingredients and their exceptional charcuterie cellar.



## *Niagara on the Lake*

1.5 HOURS FROM THE VIEW, VAUGHAN

For those who prefer to stay inside and away from the cold weather, head down to Niagara on the Lake for a cozy, romantic weekend getaway. The Prince of Wales is one of the renowned vintage hotels in the area, offering elegant accommodations and a Secret Garden Spa that will have you feeling like royalty. You can also easily access the many eclectic shops, cafes, and activities that the town has to offer, like Antiques on the Creek or Budapest Bake Shop. Make sure to plan a day to visit the nearby Wayne Gretzky Estates for wine tastings, interactive classes, delicious food, and more.



## *Fern Resort*

1.5 HOURS FROM CITYPOINTE HEIGHTS, BRAMPTON

Immerse yourself in an all-inclusive winter playground at the Fern Resort in Ramara. They offer vacation packages for all seasons designed for groups, couples, and families. Discover new challenges and explore nature with snowshoeing, cross-country skiing, curling on the lake, or on their 1.5km skating trail. After the activities of the day, warm up next to the fireplace in a lakeside cottage and grab a bite to eat in the Heritage Dining Room on the resort.



## *Foxberry Domes*

1 HOUR FROM ABBEY LANE, MARKHAM

Ever wanted to sleep under the stars, but in the winter? The Foxberry Domes in Port Hope are a unique off-grid glamping experience. Sleep under the stars in one of the domes located at Haute Goat Farm, with 425 square feet of open space and an abundance of natural light. They have the essentials like a kitchenette, bathroom, running water, and outlets, and make accommodations during the winter weather as needed. This is a perfect, unique escape for two.



## *Elmhirst's Resort*

30 MINUTES FROM NORWOOD, PETERBOROUGH

Cottage getaways aren't just for the summer. At Elmhirst's Resorts, you can rent a cottage along the lake in the winter as well. Enjoy this family-friendly retreat with your own private space, delicious farm to table food from their two onsite restaurants, and plenty of indoor and outdoor activities like horse-drawn sleigh rides, skating on the lake, campfires, and indoor swimming.

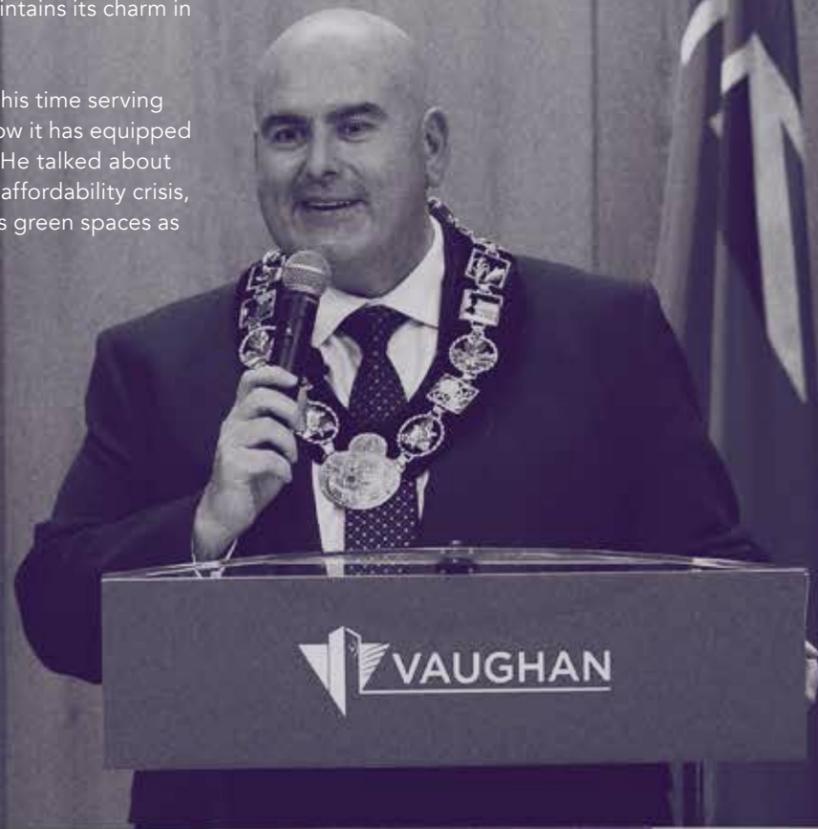
# Building a Bigger, Better Vaughan

An interview with  
Mayor *Steven Del Duca*

Steven Del Duca has seen the City of Vaughan change from a rural town into one of the GTA's fastest growing metropolises. But amid the rapid development, an affordability crisis, and a host of new challenges, there are difficult decisions on the horizon to ensure Vaughan maintains its charm in the years to come.

Del Duca spoke with us about his time serving as an MPP for Vaughan, and how it has equipped him to make these decisions. He talked about alleviating traffic, meeting the affordability crisis, and how to maintain Vaughan's green spaces as development accelerates.

BY TRISTAN BRONCA



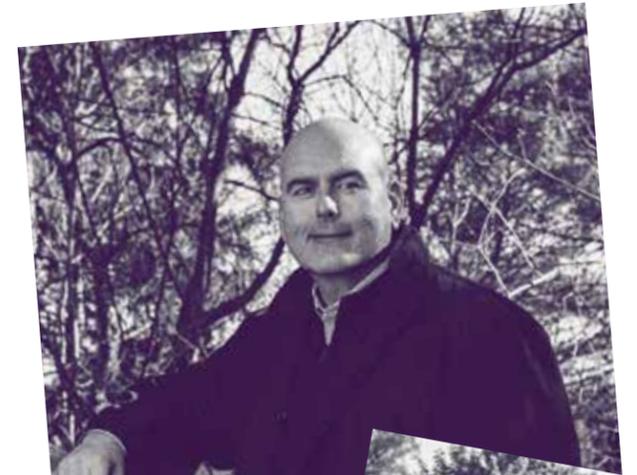
MAYOR  
His Worship  
Steven Del Duca

**Q** How has Vaughan changed in the time you've been there?

**A** My family and I moved up to Kleinburg back in 1986. We lived in Etobicoke prior to that. My parents found some property when we were out on a Sunday drive back when I was 13 and decided to build a house.

It's been a remarkable change over the last 36 years. Just incredibly explosive growth, tens of thousands of new people. But the city still maintains, from my perspective, a really great neighborhood feel.

I think that part of the magic is how the different communities came together to form one municipality: Kleinburg, Woodbridge, Maple, Thornhill, Concord. But you still have that very homey, unique character, which I love.



*mayor steven del duca*

**Q** One of the key parts of your platform when running for mayor was the "anti-gridlock guarantee." Now with all these people, traffic's getting worse. Could you highlight the points of that plan?

**A** The growth is good. It helps build the economy, creates jobs. It's also a good indication that this is a destination for families.

The challenge has been, historically, that all levels of government have not kept up with building a comprehensive transportation network. When I first moved to Vaughan, we had localized bus service. Now we have York Region Transit. We had GO trains, but we didn't have a ton of GO train service. That has changed. I was proud as then-Minister of Transportation to help open the Vaughan subway back in December, 2017. That's been a great boost for our city, but there's so much more that needs to be done.

In my anti-gridlock plan I talked about the need to properly connect our east/west roads. Langstaff Road, Teston Road and Kirby Road are three major east/west routes in Vaughan that are basically broken in half at different parts of the city. That puts a lot of stress on the remaining corridors like Highway 7, Rutherford Road, and Major Mackenzie Dr. Kirby's connection is going to start construction in the spring, which is great news. But we need to see progress on both Teston and Langstaff at the same time.

The Yonge North Subway Extension is moving forward which I think is great news. I also really want to see GO trains running in Woodbridge through Nashville-Kleinburg on the Vaughan-Caledon GO line.

It's going to take a lot of work and it's not going to happen overnight, but I'm a big believer in making incremental progress so we get to a solution that will give people the kind of quality of life they deserve.

**Q** How do you think your experience at the provincial level is going to help in your role as mayor?

**A** It was such an honor for me to be the MPP for Vaughan for six years. Working closely with my predecessor, Maurizio Bevilacqua, our past mayor, we were able to deliver provincial investments for the Vaughan Hospital. We opened the subway, the 10-bed residential hospice, the Highway 427 extension up to Major Mackenzie Drive, and six new schools. We also dramatically increased GO train service on the Barrie GO corridor, and opened the Rutherford GO parking garage.

Even prosperous municipalities like Vaughan need to have strong partners in both Ottawa and at Queen's Park. Transformational projects, like connecting Langstaff over the CN Intermodal Yard, is a multi-level government effort. No one level of government can do these things alone. And to be blunt, municipalities are the most restricted in terms of what they're able to do.

So, to me, as mayor now — regardless of partisan stripe, regardless of which party happens to be in power — it's about being a good partner. It's about being honest and open and looking for ways to collaborate. So far, the initial conversations I've had with both levels of government have been good, and I'm hoping to keep that going. That doesn't mean we can't be honest with one another when there are, I'll call them, gentle disagreements, but I think that's also part of a healthy relationship.

## *the city of vaughan*

**Q** What is your plan for maintaining Vaughan's green spaces amid all this development?

**A** A lot of residents don't know this, which is a shame, but we have a great trail system in Vaughan. Where I live in Woodbridge, just south of Boyd Conservation Park, I've personally taken advantage of it. Plus, there's the 900-acre North Maple Regional Park, and additional park space opening in coming years.

When you're growing as rapidly as we are in Vaughan, you can't just turn a blind eye and hope it all works out. You must plan properly, and we are. We have a great team in our city staff who work on parks, nonstop. We have great partners in the development industry that understand the value of green space for them and for the product they are hoping to build.

If there's any good that came out of COVID, it was this idea that we need to be able to link back up with green space — to be outdoors, be healthy, be active.

I think putting a plan in place to deliver the kind of green space is a prime responsibility for a municipal government. That is something that I'm determined to make sure happens, to continue building on that legacy established by Mayor Bevilacqua. It's part of the magic that makes Vaughan, Vaughan.

**Q** Another huge issue is the cost-of-living crisis. Within your purview as mayor, do you have any initiatives to help people out in the near term or in the long term?

**A** We're in the midst of our budget deliberations. Over the last number of years, Vaughan has had a stellar track record, fiscally. Property tax increases at the local level have been kept in the 0% - 3% band, which means that Vaughan is one of the municipalities around the GTA that has the lowest rate of property tax increase.

The challenge we have is that, to your point, we are living through an affordability crisis for so many families; in particular, vulnerable residents like our seniors. It's a bit of a balancing act. As I said, municipal governments tend to be the most restricted and that is also true when it comes to generating revenue. So, when you have so much growth and so many demands in terms of what you want to build and achieve, and at the same time you're restricted in how you generate revenue, and then you mix in an affordability crisis, it is a time that calls for strong leadership.

If there are to be any property tax increases, I'm keen to make sure they are held to the bare minimum. I'm keen to work with council to come up with ways to provide tangible relief for vulnerable residents. I think there's a way to do it, but it's not going to be easy. We have to buckle down as a municipality, continue to live within our own means, and make sure we're putting our citizens first, and deliver exceptional service.

**Q** We like give mayors an opportunity to single out some local businesses. Are there any that you feel aren't getting the attention that they deserve?

**A** We are incredibly blessed in Vaughan to have some truly outstanding restaurants. I tell friends of mine who don't live in Vaughan or have never been to Vaughan, 'you'd be shocked at the quality of what we have.'

There's one area in the city not too far from where I live that's going through a tough time: Market Lane and Woodbridge Avenue area. There's a lot of disruption for small businesses there because we're upgrading our infrastructure.

There are dozens of exceptional restaurants, grocery stores, coffee shops there. Shop local, buy local!



# YOUR GUIDE TO HOSTING A DINNER PARTY

By Amy Greiss

*A few recipes and key pieces of advice*

With the days getting shorter and colder, it can be tough to convince people to leave home. But a dinner party — some great food, good drinks, and better company — is worth leaving home for.

Once you've set your date and time, here's a checklist of what you'll want to make sure you take care of.

## INVITE YOUR GUESTS

Maybe take a few minutes to put together a little invite with a design template that you can email or text your guests (they're available online). Try to do this at least 2-3 weeks in advance. Be sure to include the date, the time, the location, and the deadline to RSVP. Depending on the size of your home and your experience hosting, we'd recommend starting with four to six people.

## TRACK YOUR RSVPS

Get your numbers in check so you know how much to buy at the grocery and liquor store.

## PLAN YOUR MENU

We've compiled a few crowd-pleasing recipes, but make sure to take note of any dietary restrictions your guests have.

## PREP AHEAD OF TIME

Prep absolutely everything you can ahead of time. Set the table, truss your chicken, mix your salad dressing, bake your dessert, lay out your outfit, make sure your dishwasher is empty, etc. Do what you can the night before and make sure you've blocked off a few hours the day of to do the rest. We promise you'll be busier than you think when your guests arrive. You want to be entertaining them, not stuck in the kitchen.

## TIDY UP

Clear your counter and shared spaces of any clutter, open some windows to clear any strong cooking smells, make the bed, arrange your flowers and decor, clean the floors and/or bathrooms if you need to.



## THE SIGNATURE *Drink*

Once you've greeted your guests, make sure they have a drink in hand. Here's one you can prepare in advance and garnish once they arrive.



## MULLED WINE COCKTAIL

### *Ingredients (serves 6):*

- 1 bottle red wine
- 2/3 cup (150ml) water
- 4 tablespoons brown sugar
- 1 cinnamon stick
- 4 cloves
- 1 orange quartered
- Sprite/club soda & raspberries to top

### *How to:*

1. Add the wine, water, sugar, cinnamon, cloves and orange to a large saucepan and heat but don't allow it to boil. Reduce the heat and simmer for 10 minutes, stirring occasionally.
2. Strain it over a bowl to remove all the 'bits.' Allow to cool.
3. Add ice and frozen raspberries to a tall glass, then fill halfway with the cooled mulled wine. Top up with soda.

## THE *Appetizer*

When people are mingling, you want something simple, handheld, and not too fussy to eat. These bites are great for the winter, and they'll keep your guests satisfied without filling them up.

## CRANBERRY BAKED BRIE BITES

### *Ingredients (Makes 24 bites):*

- 8 oz crescent dough sheet
- 8 oz wheel of brie cheese
- 1 cup whole berry cranberry sauce
- Fresh rosemary sprigs

### *How to:*

1. Preheat oven to 375 F degrees. Spray a mini muffin tin with cooking spray. Spread a little flour out onto your counter. Then roll out crescent dough sheet. If using crescent rolls, pinch the seams together to make one long sheet.
2. Cut crescent roll dough into 24 equal-sized squares. Place squares into muffin tin slots.
3. Cut brie into small pieces and place inside the crescent dough squares. Top with a generous spoonful of cranberry sauce, and a little sprig of rosemary.
4. Bake until crescent dough is a light golden brown (about 15 minutes). Serve warm.



## THE *Main* EVENT

Choose a main dish that goes well with a variety of flavours and isn't too out there. This Honey and Lemon Glazed Roast Chicken should have your guests going back for seconds.

No need to overcomplicate the sides. Stick to something simple: cheesy mash potatoes, roasted root vegetables with butter and herbs, or even a crusty baguette. Then go for a nice wintry salad — arugula, radicchio, winter greens — with some nuts or fruit and a snappy dressing. Just mix three parts oil (a good quality extra virgin olive oil is your best bet here), one part acid (lemon or vinegar will do nicely), seasoned with salt and pepper and a squeeze of honey mustard.

### HONEY AND LEMON GLAZED ROAST CHICKEN

#### *Ingredients:*

1/4 cup plus 1 tsp honey

2 tbsp plus 1 tsp fresh lemon juice

2 tbsp soy sauce

Two 3-pound whole chickens

Salt

9 rosemary sprigs

9 garlic cloves, quartered

1 lemon, cut into 12 wedges



#### *How to:*

1. Preheat oven to 450 F degrees.

2. In a small bowl, combine the honey, lemon juice and soy sauce. Set the chickens on a large, rimmed baking sheet and tuck the wing tips underneath. Season the cavities with salt and stuff each one with 3 rosemary sprigs, 3 quartered garlic cloves and 4 lemon wedges.

3. Brush two-thirds of the honey glaze over the chickens and season lightly with salt. Roast in the middle of the oven for 30 minutes.

4. Reduce the oven temperature to 325 F degrees.

5. Rotate the chickens in the pan and brush with remaining glaze. Roast the chickens for about 45 minutes longer, until the juices run clear when the thighs are pierced; turn the pan halfway through roasting.

6. Transfer the chickens to a carving board and let rest for 15 minutes before carving and serving.



#### *The WINE Pairing*

Level up your main course with this La Crema Sonoma Coast Pinot Noir, a perfect complement to roast chicken.

## *Delectable* DESSERT

To cap off the meal, serve your guests a sweet treat with tea or coffee to sip on. Even if you're not much of a baker, these fudgy brownies are easy to make ahead of time and not too heavy. Serve them warm, with some fresh whipped cream for an added indulgence.

### CHOCOLATE BROWNIES

#### *Ingredients (serves 9-16):*

14 tbsp unsalted butter

1 1/4 cups dark chocolate chips

1 cup brown sugar

3 eggs

1 tsp vanilla extract

1/2 cup plain flour

1/4 cup cocoa powder

Pinch of salt

6 oz dark chocolate block



#### *How to:*

1. Preheat oven to 350 F degrees.

2. Spray an 8" square tin with oil and line with parchment paper.

3. Place butter and chocolate chips in a heatproof bowl, microwaving in 30 second bursts until melted.

4. Add sugar and vanilla, mix, and then add eggs and mix well until smooth.

5. Add flour, cocoa and salt and stir until smooth. Stir in chopped chocolate and pour into pan.

6. Bake 24-28 minutes.

7. Rest for 10 minutes before lifting out of the pan. Allow to cool for at least 20 minutes before cutting.

By now, your guests have a bit of liquid courage in them. If the dinnertime conversation is naturally wrapping up, suggest an after-dinner game to end the night. Charades, Telestrations, or Pictionary are great games for groups where everyone can participate.

Afterwards, grab a night cap to wind down and reflect on the success of your dinner party (and leave the dishes for tomorrow).

# The Slacker's Winter Home Maintenance Checklist

A few tasks that'll save you a bigger headache down the line

By Mikayla Salituro

Let's be honest, work around the house isn't very much fun. We don't want you to have to work any harder than you have to, which is why we've come up with a very short list of basic home maintenance tasks to do over the winter. None of these tasks will take you more than a few minutes but they're all going to improve your chances of avoiding costly or uncomfortable problems down the line.



## TEST THE SMOKE & CARBON MONOXIDE DETECTORS

Your smoke and carbon monoxide detectors need to be checked at least every six months, but it's especially important during the winter, when the colder, dryer weather can affect not only the detection system inside of them but also the battery life. According to Canadian Home Inspection, you'll want to get rid of built-up dust in and around the detectors with a vacuum and a soft brush attachment, and then wipe down the outside with a damp cloth.



## CHECK YOUR FURNACE FILTER

By cleaning your furnace filter correctly, you can increase its longevity, boost energy efficiency, and enhance your home air quality. During peak usage, you should clean your filter approximately once a month and at the start of the heating season. If you have pets, you may want to clean your filter more often.

A clogged filter will mean your furnace has to work overtime in the winter. That could lead to malfunctions that will leave you in the cold and could cost several hundred dollars or more.

- *Step 1:* Turn off your system — *Step 2:* Remove the filter
- Step 3:* Vacuum the filter — *Step 4:* Wash the filter with vinegar and water
- Step 5:* Let it dry completely before replacing it —



## CLEAR YOUR CLOGS

Clogged drains, eavestroughs, and pipes can lead to unpleasant odors and leaks. The risk is heightened in winter, when backed up water can freeze and cause damage. Running boiling water down your drains every week or so can melt and flush away grease and other buildup. If you have pipes running in any unheated areas of your home, make sure they're either turned off or insulated. Otherwise, you're running the risk of a burst pipe.



## SEAL THE GAPS

If you notice cool air creeping into your home, there are a few low-maintenance ways to deal with it. Drafty doors? You may want to install or replace the weatherstripping around the doorframe. All it takes is a few screws. Leaky windows? If there's a gap on an otherwise solid seal around the window frame (or anywhere else in the house where cold air is seeping in) silicone-based caulking is a quick and inexpensive way to seal it up. It also stops the problem from becoming worse and ensures your home heating runs more efficiently.



# Tips on Purging for Hoarders

Three things that might help you finally clear out the mess

By Bianca Morini

We all have emotional attachments. From your favourite band t-shirt you've definitely outgrown to mementos from old friends family members. For some of us, our emotional attachments to objects can spiral out of control, leading to a mess and, in some cases, affect our standard of living.

According to one meta-study, 2.5% of the general population are hoarders. But for most of us, throwing things out or giving them away can trigger strong feelings of distress, undermining the sense of comfort and familiarity we associate with them.

The solution is simple, but not easy: purging. Here are some tips to make it slightly easier.

## 1. Professional Help Is Worth It

Working with a professional organizer may seem like overkill, but their expertise may be exactly what you need. Not only do they have hands-on experience working with people who have difficulty purging, but their guidance will also help provide the structure and support you need. Crucially, not only will they help you get everything in order, but they'll also help you develop a personalized plan to stay organized into the future. The costs average about \$55 per hour and can range from \$30 to \$130, depending on the size of the project and their expertise.

For many hoarders, there is typically an underlying issue at hand: perhaps a past trauma, or other mental health issues. Trying to process those issues can make the purging process not just easier but therapeutic. Psychology Today keeps a list of local licensed counselors who specialize in this area.

## 2. Start Small

Most changes of habit begin with something easy. For example, getting into the routine of taking out the trash regularly, or organizing and clearing a small, high-traffic area (like a kitchen counter) on a regular basis. Once you've begun to settle into these habits, it makes it easier to transfer or expand them to more challenging tasks, like more cluttered rooms, or things to which you're more attached.

## 3. Donate

Getting rid of items is easier when you know they are going to good use by someone who needs them. Altruism — acting selflessly to help others — can help offset negative mental health effects such as depression and can increase self-esteem. Remembering the "why" when decluttering will help make it easier to let go.

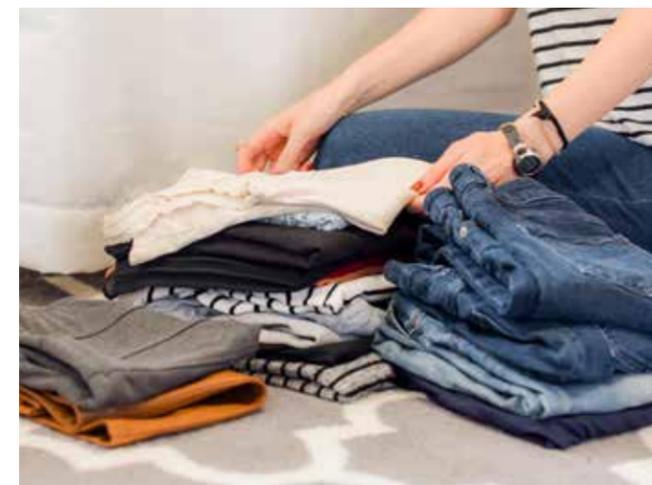
Not everything is fit for donation of course. But "gently used" furniture, clothes, homewares, and other odds and ends might have an extended life after it leaves your home. Plus, many donation centres will arrange a free pickup.

### Furniture and household goods:

- Furniture Bank
- Habitat for Humanity
- JRCC Furniture Depot

### Clothing:

- Oasis Clothing Bank
- Diabetes Canada
- Kidney Clothes
- Covenant House
- Horizons for Youth



# THE ULTIMATE HOUSEWARMING GIFT GUIDE

By Bianca Morini

A few modest gift ideas for every new homeowner in your life

Shopping for a new homeowner isn't easy. I mean, you haven't even seen the house yet. Maybe you don't have a sense of how they're going to decorate or what they're into. Maybe you don't know how much you should spend, or what's likely to sit in their basement or storage unit, unused.

The good news is, we've given it some thought. Whether they're single moving into their first condo, a family upsizing to a single home, or empty nesters who are downsizing again, here are a few gift ideas around \$50 (the appropriate amount for a housewarming gift, in our humble opinion) for you to consider.

## The Bachelor/Bachelorette



\$40

**Brita Water Filter Pitcher**

Many new homeowners may not think to purchasing a water filter until they're already settled in, and most first-time homes won't be equipped with a water filter on the fridge. Save them the time and the hassle. This is a practical gift they'll use daily.



\$49

**Jo Malone Peony & Blush Suede Travel Candle**

This may seem indulgent but it's very difficult to go wrong with a nice smelling, brand name candle. Jo Malone's Peony & Blush Suede Travel candle is the perfect scent for any season, but it's especially nice in the winter with its rich and warm texture.



\$55

**Maxi-Matic Elite Gourmet Air Fryer**

Air fryers have become very popular and for good reason. They're simple to use, especially for people who don't usually cook. They're versatile, meaning you can use them for a ton of different recipes. And they're healthier than conventional shallow or deep frying. It's also a great option for a condominium where there is limited space to cook. This is a cost-effective option that'll look great on their counter.

## The Honeymooners



\$60

**Whiskey Glass Set**

For a gift that's a little more spirited, add an elegant touch to their home bar. With classic whiskey glasses and a decorative decanter, this set will bring timeless style and sophistication to their bar and stay with them through the rest of life to come.



\$20

**Small Money Tree**

A money tree has been a traditional housewarming gift for years. Not only is it a hardy indoor plant that'll add a lush touch to their new space, but it represents prosperity and wealth. It's a wonderful way to lend your well wishes to a couple starting their life together.



\$30

**LED Strip Lights for TV**

Let's be honest, the years before children are some of our prime TV-watching years. This little gift can add a little extra flair to that quality couch time. These LED strip lights have options that allow you to control the brightness and colours, or you can sync it with the sound of your TV, so it lights up to the rhythm of the music or scenes on the screen.

## Family Style



**Amazon Mirror Digital Clock**

**\$25**

For families on the go, a nice easy-to-read clock can save you from having to pull out your phone or check the clock on the microwave. The Amazon Mirror Digital Clock will not only look good as a décor piece but it will also help everyone stay on schedule amid the chaos of family life.



**Hamilton Beach 14 Piece Knife Block**

**\$60**

Most young people can often muddle along with a handful of basic kitchen implements. But when they're cooking for a family, you can bet they'll appreciate an upgrade. In this Hamilton Beach set, all the knives any proficient home chef will ever need are carefully set in a rubber wood veneer block.

## The Empty Nesters



**Unique Bamboo Cheese Board**

**\$45**

A good quality charcuterie board is a great gift for those who are eager to entertain friends and family. This gift is also a safe option for those picky about their décor. It's versatile, upscale, and it includes cheese knives and compartments for other snacks.



**\$36**

**Swiffer WetJet Spray Mop Kit**

Family life is messy and lugging out the mop and bucket is usually a pain. The Swiffer WetJet Spray Mop is a great product to handle most day-to-day spills quickly and easily.



**Heated Blanket**

**\$50**

A heated blanket is one of those luxuries that few people will buy for themselves. If you know someone who's always cold, this is the perfect opportunity to get them something that will fix that.



**\$40**

**Essential Oil Diffuser**

The Cihely Essential Oil Diffuser with a flame light is listed as a first choice for gifts on Amazon. It offers therapeutic remedies by diffusing essential oils. It also works as an air humidifier perfect for dry, stuffy nights.

# 5 DESIGN TRENDS TO WATCH THIS YEAR

From arches to Instagrammable homes

By Jessica Sirro

Odds are you aren't redesigning your home every single year, and you don't want to buy into a trend that will make your living space look dated within a year or two. We get it. That's why we consulted some design experts to find out not only what's new this year, but also what's likely to offer your space a more timeless sense of style.



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MORE PEOPLE  
WANT TEXTURE (...)

## Not-So Minimalism

HGTV's Unfinished Business host and interior designer Shay Holland recently told Forbes that minimalism is on the decline. More people want texture and dimension in their living space, but without risking the clutter of more traditional forms of maximalism. As a result, more designers are turning to more statement-type furniture pieces, fun wallpaper, expressive tile patterns, and bold cabinetry.

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SETUPS THAT INSPIRE  
PRODUCTIVITY AND  
CREATIVITY (...)

## Office Aesthetic

With remote work becoming a permanent offering in most workplaces, we've seen a newfound focus on home offices in home design. Setups that inspire productivity and creativity, including cozy rugs, warm earth tones, wall art, diffusers, and plants. Geometric shelving is also growing in popularity, adding a funky twist to most office setups.



### Vintage, Instagrammable Design

The idea behind an Instagrammable home is that it tells a story, just like your own social profile would about yourself. These design schemes are largely focused on the details, including photo-friendly accents and objects: feathery centrepieces, neon signs, etc.

Vintage pieces — furniture, lighting fixtures, mirrors, and accents — have become a central feature of these design schemes. Michael Cox, owner of Foley & Cox Interiors remarked on their growing popularity, calling them “fundamental to bringing a sense of soul into a space.”



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THEY ARE  
COMING  
BACK  
INTO  
STYLE (...)

### Arch Obsessed

Lynn Stone, the co-founder of Hunter Carson Design, says arches evoke an old-world architectural era and bring a sense of timelessness and softness to any space. Which is one of the reasons why they are coming back into style in 2023. Rounded doorways, thresholds, ceilings — we’ll see a lot more of these in the coming year.



### Sustainability Still in Style

With eco-consciousness top-of-mind for many people, interior design practices are increasingly reflecting this sensibility. Bamboo flooring and furniture, reclaimed pieces, ethically sourced and responsibly produced materials and design practices — all of them are continuing to grow in popularity and will play an outsized role in 2023.

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BAMBOO  
FLOORING AND  
FURNITURE (...)



HOME IS WHERE HAPPINESS GROWS

PoetryLiving.com



161 TRADE VALLEY DR.  
VAUGHAN, ONTARIO  
L4H 3N6