

# Colour your home

Have you ever visited someone's home and thought to yourself that you could never live with that blue sofa or those mauve walls? Yet the owner obviously liked them enough to select them. That's because everyone responds to their own favorite colours and is affected by them in different ways. That's also why, with so much doom and gloom in the world, it's increasingly important to be surrounded in our homes with colours that will make us feel positive about ourselves and give us the greatest feeling of well-being. Luckily, colour is the easiest and cheapest form of change in the home, especially when you think in terms of paint, which today

comes in literally every colour of the rainbow, says David Beech, Manager, Colour & Design, Para Inc., manufacturer of paints and coatings. Colour has the power to make one feel happy and cheerful, or calm and relaxed. There are colours that are welcoming, and colours that stimulate. Colours can also make you feel gloomy or sad and really drag you down. What we associate with a colour often affects our reaction to it as much as its appearance, and this may be cultural or religious. Red, for instance, covers a wide range of associations: aggressive, revolutionary, a

warning, and strong sexual and religious overtones — red light district, lady in red, blood wine. The Chinese consider red a very lucky colour. In the home, it can be welcoming in a traditional hallway with dark furniture, or soft and feminine in the lighter shades of pink. Yellow has great symbolism — sunlight, growth, gold — a stimulating colour that adds warmth to north or east exposures. But it also has negatives, i.e. cowardice, jaundice, yellow journalism. Green, today, goes without saying, states David Beech. It represents nature and the environment, tranquillity, peace and relaxation, also health and luck (four leaf clover). But it also has its

negatives, as in green with envy, and the association many people have with the ubiquitous post-war hospital green. However, it's very popular in interiors today in all shades. Blue has lots of both positives and negatives — blue skies, sailing the ocean blue, but also singing the blues, blue mood, etc. Blue, especially when used with white, will effectively cool a south facing room, and it is great as an accent colour. So look around your home and see how you respond to different rooms. If you feel somewhat gloomy in your dark wood kitchen, think about painting or restaining the cabinets in a lighter, more cheerful shade.

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## WHO'S WHO IN REAL ESTATE



**GAIL DWYER CAVILL**  
Sales Representative  
Family Trust  
640-2082

Whether she's working with a first time buyer or helping a family take a step up to their dream home, Gail Dwyer Cavill finds real estate a rewarding and exciting career.

Gail, who has been with Family Trust since 1984, describes herself as "a family oriented person working in a family oriented real estate Canadian company." She started her career in the company's Markham office, moving to Stouffville in 1990. Gail appreciates the opportunity real estate gives her "to help people make the right decisions about their most important investment, buying and selling their home."

"The versatility of my career keeps each day unique," she said. With everything in life, include real estate transactions, getting increasingly complicated, Gail believes it is important to keep current through workshops and courses.

She is often featured as salesperson of the month, and receives letters of thanks from other brokers. The Stouffville resident is married, with two children. Give Gail a call for any of your real estate needs in the Markham-Stouffville area.



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- ✓ gorgeous finished walkout bsmt. to patio
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