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Green Decorating

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Welcome to our bi-monthly newsletter! In this edition, we will be looking at the recent popularity of green decorating initiatives around the home. We hope you enjoy!

Thank-you for being loyal customers with Cedar Line Contracting over the last 3 years. Your patronage is sincerely appreciated! From our families to yours, have a wonderful holiday season!

Chris and Ben

Eco-Floors

This usually means human-friendly, too. If not to save our forests and cut down on waste, a good reason to switch to greener flooring is our health. Many conventional products—especially carpet and vinyl—emit volatile organic compounds (VOCs) through a process known as off-gassing. VOCs are harmful chemicals used in the manufacturing process, and they are released into the air inside our homes over time. According to Canada Mortgage and Housing Corporation, they may lead to poor indoor air quality and can greatly affect allergy or asthma sufferers, or anyone who is sensitive to chemicals. Off-gassing can continue for weeks or months after the flooring is installed.

Although it may be convenient—easy to clean, and perfect for a kitchen or bathroom—think twice before installing vinyl flooring. Also known as polyvinyl chloride (PVC), vinyl is a plastic that creates big problems for the environment and human health. According to Environmental Defence, PVC “emits toxic chemicals from manufacturing to disposal,” including dioxin, and additives such as phthalates. The latter are added to PVC products to make them softer and more flexible, but have been associated with hormone disruption and other health problems. As a green and safe alternative to vinyl, choose natural linoleum, which is made from sustainable ingredients such as linseed oil, cork flour, rosin and jute. Marmoleum is one brand that’s widely available in Canada. It comes in 150 colours, has a long life span and can be used anywhere in the

home. It’s also easy to clean and, like cork, it’s warm and comfortable to walk on. You can purchase it in sheets (to be installed with a solvent-free adhesive) or as click-in-place tiles (no adhesive needed).

Other Floor Options

Leather floors: Torlys, a Canadian eco-floor company, makes these stylish floors from 100 percent recycled leather (from jacket and belt leftovers) and a recycled cork underlay.

Recycled rubber floors: These floors, made from recycled tires and other rubber, are becoming quite popular. They come in different colours and designs, and can look stylish in any room—not just a home gym.

Paint & Primers

When looking for durable environmentally-friendly paint, use a water-based primer and interior latex that are made locally, and are free from a variety of chemicals, including volatile organic compounds (VOC’s), petrochemicals, formaldehyde and solvents. VOCs (volatile organic compounds) are the solvents in most paints that evaporate and contribute to the depletion of the ozone. VOCs are also a part of the stinky odor in paint that is offensive and continues to off-gas which contributes to poor indoor air quality. They are durable and help hide imperfections in older walls.

Before choosing you’re the paint you will be using in your home do your research when considering the VOC content of any product. Keep in mind that EPA and local rules are intended to reduce emissions of VOCs that cause smog, not to improve indoor air quality. These rules allow paints labeled “zero-VOC” or “no-VOC” to contain up to five grams of VOCs per liter (g/L) in addition to VOCs that have been exempted from the rules. If in doubt, ask a knowledgeable staff member at your local paint or home improvement store.

Glenn Perrett; Homes and Cottages Greenpaint.ca
<http://greenhomeguide.com/know-how/article/about-vocs?gclid=CMattbHByqwCFY3JKgodRSSzpQ>
<http://www.greenlivingonline.com/article/eco-friendly-flooring-part-2>