

INSIDE! 2010 NEW STORE GUIDE

EMIRATES

home

VOLUME 8 / APRIL 2010 / DHS 10
LICENSED BY DUBAI MEDIA CITY

LOVE YOUR PLACE

WHY COMFORT IS BETTER THAN PERFECTION

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TOP TIPS
FROM LOCAL
DESIGNERS



CLUB TROPICANA
OUTDOOR
STYLE FOR LESS



EASY ENTERTAINING

AN EASTER MENU TO SHARE WITH FRIENDS



GREEN IS THE NEW BLACK!

GO ECO CRAZY WITH OUR COLLECTION OF GREEN TIPS, TRICKS AND IDEAS!

Eco issues? We have the solutions!

Problem: You don't know what a 'carbon foot print' is, but you know you don't want it to be big.

Solution: In simple words, your carbon foot-print is a measure of the pollutants you produce with your lifestyle. We don't need to

emphasize further on how small this number should be and how large it is, but what we can offer you is assistance on how you can reduce your foot-print and help save the earth. What you can start with is the use of solar panels in your home to decrease electricity consumption. Use biodegradable bags for shopping or garbage cans. The usual turn your lights off when leaving a room and the tap when brushing your teeth. They say, every drop makes an ocean, so bear this in mind - there's a solution to nearly everything.

Problem: You're pouring more water into your plants than your conscience or wallet would like.

Solution: Introduce your garden to trickle sprinklers. Not only do they reduce the amount of water used to water the grass, but they even reduce water wastage. Most sprinklers have a terrible habit of spraying water beyond garden boundaries. Furthermore, these reduce the amount of water lost to evaporation since they're close

to the ground! Another idea is to create a layer of mulch, or organic material, around individual trees or plants. It slows down the evaporation of water and even fights weed growth.

Problem: The desert heat has moved into your home for the summer and it has brought along its friend, high AC bills.

Solution: There are ways to cool down without the AC. If you have a ceiling fan in your home, see if it has reverse rotation features. During the winter, rotate it clockwise to push the warm air down, but rotate it anticlockwise during the summers to circulate the cooler air. If your fan doesn't have reverse features, maybe it's time for a new fan.

Problem: It's bad enough that you have to deal with air pollution and a UV overdose when you're outside, you certainly don't want to invite toxic products into your home, too.

Solution: Rather than using the ready-made cleaners or aerosols which often use toxic chemicals that can harm the environment, why not try making your own cleaners? An air freshener can easily be made by adding a few drops of your favourite essential oil to water in a spray bottle. For cleaning tough surface stains, just add some baking soda to water, and for window cleaners, create a vinegar solution with a quarter part of vinegar and there you have your own set of anti-toxic cleansers for your home! And if you're not much of a scientist, you can buy eco-friendly cleaning products at places like The Green Ecostore in Mercato Mall or at The Change Initiative.

Problem: You want your home to keep up with the latest trends, but annually buying new furniture is putting you and your bank account at odds.

Solution: Why follow a trend when you can make your own! Re-furbish existing furniture by painting over it or coating it with a layer of funky material. Up-cycling is the way to go, and this will not only save the environment from a load of junk being dumped in the landfill, but will also give your home a fresh look no one has ever seen before! Other ways to become greener without a complete home makeover would be to use locally fabricated cabinets, countertops, and furniture. Concrete is an eco-friendly material which is produced locally. How elegant would a plain, finished concrete slab look in your kitchen?

Problem: You don't even want to discuss that electricity bill...

Solution: Switch to CFL or LED lights. CFL's use 75% less energy, produce about minus 75% the heat, and last at least ten times longer than normal light bulbs! LEDs are at least six to seven times more energy efficient than

normal bulbs and reduce energy usage by more than 80%. They contain no mercury and emit little heat. How's that for a discount? Just remember not to place LEDs in very warm areas or CFL's in very cold areas because that can reduce their lifespan. Apart from that, switch to sensor lighting so that the lights turn off when no one is in the room.

Problem: You need to put a plug on those water bills.

Solution: You can do those generic things like don't leave tap water running when brushing your teeth or check for leaks, but we're trying really hard not to be cliché. Install low flow showerheads to decrease the amount of water used in a shower. Add aerators to your taps so that the water becomes a mixture of water and air bubbles to reduce water flow. Install insulated water pipes and pre-slit foam pipes to get hot water faster so that you don't have to waste water waiting around for it to warm up!

Problem: You want natural sunlight in the room but you don't want the heat that comes with it.

Solution: Ever thought about reflective window films? They're like reverse sun block for your windows! They allow sunlight to filter into your home while keeping out the heat. Not only that, but these reflective films reduce fading of your furnishings due to solar rays and even provide protection during storms. With these on your windows, you won't have to hide behind your curtains. Contact companies like 3M to find out more! If you must bring down the drapes, do it on the side of the house where the sun is directly shining, to block out light and heat.

Problem: Your old home appliances are past it and its time to buy something new.

Solution: People are always buying appliances that are good for them but no one ever thinks about the environment. When purchasing new refrigerators, dishwashers, or other nifty home equipment, look for the Energy Star label. This means that the product meets Energy Star requirements, such as being energy efficient (they use 20%-30% less energy than normal appliances). You should even consider buying front loading laundry machines. They're a little tougher on the back but they do wonders for an efficient use of water. Most front loading machines use just above 20 gallons of water whereas most top loading machines use about 40 gallons per load.

Problem: Evaporation is stealing water from your plants.

Solution: People often have a habit of watering their gardens during the day and that's when the sun is at its strongest. Water your gardens or set your sprinklers for either early mornings or late evenings to avoid your battle against the sun. This way, plants soak in the water before the heat gets to them.

5 MINUTES WITH GUNDEEP SINGH



We catch up with Gundeep Singh, founder of the Change Initiative to learn how to really make a difference!

What inspired the need to be eco-friendly?

Inspiration comes from the fact that you're facing a challenge ahead of you. When responsibilities walk towards you, life needs to be looked at differently. I was inspired by my journey to Europe, where I learnt that most eco-friendly companies were driven by subsidies rather than concern for the environment. My goal was to somehow find a way to convert sustainability into a commercially viable proposition, and to figure out how it would be possible.

What lifestyle changes have you adopted to be more environmentally friendly?

The famous Gandhi story clearly explains that if you want to make a change, you have start with yourself. I started off with things I used the most. I started using a hybrid, changed all my lights to solar-powered and LED's. The flooring at home uses 70 percent less cleaning liquids and all my taps are low flow. We have installed showers in my home instead of bathtubs, and at home we typically try not waste food and we consume less.

How far has environmental awareness and responsibility come since you started this project?

It has come a long way, I think. The participation of Dubai in the Expo 2020 is a key driver for this and Sheikh Mohammed has also announced significant initiatives recently, like the Green City. Dubai tries to combine opportunity, value, sustainability and education under one platform, and I believe that is the reality.

Top 5 Eco Homes

HOMES THAT INCORPORATE STYLE AND AN INITIATIVE TO CARE FOR THE ENVIRONMENT. HERE'S OUR TOP 5!

How sustainable do you think The Change Initiative is in a city run on technology and resource consumption?

Very! The proof of the pudding is in the fact that this building is known as the most sustainable building in the world. The paradox we are trying to prove is that just because we live in a city where there is a bit of excess, doesn't mean we have to be the same. Just think differently!

What product at The Change Initiative is a personal favourite?

If I look at it in terms of what it can achieve, then it's a product called Aquaware, which provides a distinct solution for water problems for the future. It reduces the cost of desalination to a tenth of what it is now. I love the product and I think it's got a significant future.

What lifestyle changes can you recommend to our readers to be more environmentally friendly?

The first thing would be to reduce expenditure. Buy responsibly. Do things sensibly. The first step to being eco-friendly is to change things at home. Increase your air conditioning by 1 degree, or paint your roof white. Create awareness about sustainability with your children. Once you're done with these, then move on to other complicated things. The world was sustainable before we had what we have now, think about it this way! Less means more and that's what sustainability is.

How would you address the people who are put off by the high prices of environmentally friendly devices or products?

I don't think devices are the answer to sustainability, I believe it's lifestyle. People need to change their idea that "Sustainability means buying expensive goods" to "Sustainability means not buying anything!" Be simple. You'd rather not be doing something which you will need to spend thousands of dollars to control eventually.

How much of an impact can an eco-friendly lifestyle make?

One person being eco-friendly will have a negligible impact on the environment. The majority of this world is too busy surviving to care for sustainability, and the minority turns towards being eco-friendly because they are guilty. We need to turn this around, or leave an impact which the majority of the world can follow to become sustainable.



Greenland Road Residence by Studio One
 Located in Atlanta, Georgia, Greenland Road Residence incorporates low tech sustainable features like an underground rainwater collector as well as day lighting achieved by the careful placement of overhangs through the home. Combining this with high tech systems like geothermal heating and cooling and recycled content, Studio One has achieved a cosy look, using wood as a major content for thresholds and main spaces within the home, creating an expansive, open plan space for a family.



Sag Harbour by Jendretzki
 Sag Harbour may be set on 'Mount Misery' but it's definitely far from gloomy! This house was designed by Jendretzki to unite the interior and exterior, letting the serenity of nature seep through the walls. Decked out with rainwater collection systems, solar panning on the roofs, and eco-friendly architecture materials like cork and reclaimed wood, this peaceful paradise is reforming its community's views on green living.



Ice House by Minarc
 This stylish home combines the most eco friendly materials and energy efficient technologies to make a home. Located in a rustic town of Iceland, the Ice House continues the town's efforts in preserving the natural beauty around it, by using untreated, locally sourced materials, and avoiding the use of any forced air systems. Minarc has designed this home with an effort to help the environment without compromising on its aesthetic appeal by adapting a minimalist and functional approach.



Torres House by GLR Arquitectos
 Set high in the Sierra Madre mountain range in Milan, The Torres House aims to preserve strong contact with the natural environment in which it is placed. This elegant open plan eco-house uses natural materials throughout the home and represents an effort to make a difference for the environment. With this house, GLR Arquitectos proves that luxury and environmental consciousness can indeed come together to produce something beautiful.



Truro House by ZeroEnergy Design
 Boasting rooftop solar panels, geothermal systems, renewable bamboo flooring bound by nontoxic glue, and energy efficient appliances, this Cape Cod beach home designed by Zero Energy Design is the ideal eco-friendly getaway. Truro house is both environmentally conscious and aesthetically appealing, with grand windows and rooms, modern furnishings, and organic colours.

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