



# YOUR GUIDE TO #CFHS25

## The show for every home.

Since the Calgary Fall Home Show started more than four decades ago, I have been amazed to see how the quality and passion of the worlds of home design, decor and renovation have expanded and evolved in this city. Every year, we see the innovation and imagination of our exhibitors and presenters soar, and I am confident our attendees will be equally blown away by the talent at this year's show.

The Sleep Country Main Stage, presented by Home Network and the Calgary Herald and designed by Modern Fox Interiors + Lyn Designs, returns with inspiring lessons from some of the top experts in home design and renovation. Step inside this moody, speakeasy-inspired space to get insider tips, learn how to avoid common DIY mistakes, and discover renovation secrets that will help you tackle everything from a small decor update to a full-scale home makeover. Home Network's Kristen Coutts and Sebastian Clovis will share their expertise, guiding you with practical advice, creative ideas, and the confidence to bring any vision to life.

Find inspiration at Paint With Purpose, curated by Rachel Lyon, as local artists bring blank canvases to life with vibrant masterpieces—each one supporting Calgary charities. Discover Curb Appeal designed by Staged by Tara for stunning front entrance makeovers, and step inside Life Elevated by Design to witness how you can make any home reno vision come to life.

Our show weekends are action-packed and exciting from start to finish, and this year will be no exception. It is always an honour to meet familiar faces and new friends filling the halls, and we can't wait to hear all about your home design and renovation ideas. Your continued support over the years has been invaluable to us—we truly could not do it without you.

Sincerely,

Casey Matulic  
Show Manager  
Calgary Home Shows

## THE VITALS

### WHEN

Friday, Sept. 26, 2025 | 12-8pm  
Saturday, Sept. 27, 2025 | 10am – 8pm  
Sunday, Sept. 28, 2025 | 10am – 6pm

### WHERE

BMO Centre, Stampede Park  
1912 Flores Ladue Parade SE  
Calgary, AB  
T2G 2W1

### Halls E & F

Show Office is Flex Room F

### HOW

Purchase tickets online:  
[www.calgaryfallhomeshow.com](http://www.calgaryfallhomeshow.com)

Adults (13+): \$12.00  
Seniors (60+): \$10.00  
Children (12 and under): Free  
After 4pm: Half-off Tickets (Fri/Sat Only)

**PURCHASE ONLINE & SAVE \$2**



/CALGARYHOMESHOWS



/@YYCHOMESHOWS

#CFHS25 #CalgaryHomeShow

# MEET OUR EXPERTS



## Kristen Coutts

### Television Personality | Entrepreneur

Known for her budget-friendly, glamorous renovations with a side of fashion, humour, and genuine laughs, Kristen Coutts is a self-taught home improvement genius! From designing, lighting, wainscoting, drywalling, painting, baseboards, and much more, there isn't a project Kristen hasn't tackled. Kristen began sharing her DIY projects on social media, and quickly became a go-to resource for her many fans. Between her background in social media marketing and her warm and friendly personality, Kristen is a perfect pairing for any project.



Kristen picked up her first power tool while she was on maternity leave and she and her family had just moved to a "fixer upper" in Toronto.

After getting astronomical quotes from contractors, Kristen figured out how to take on the renovation herself. She documented her renovation journey on social media, quickly gaining traction for her impressive transformations, allowing her to open the door to client projects. She became so popular that her budget friendly renovation company, Maisoncoutts, now has a years-long waiting list!

Kristen has previously been featured as a guest expert on Cityline, and in 2025 she will be hosting Beer Budget Reno on the Home Network. With her growing platform, Kristen aims to combat sexism in the home improvement industry, and for more women to be inspired by her example and not be afraid to pick up power tools.

Kristen resides in Toronto with her husband Ash and two young children.

### Presentation Topic: Money-Saving Home Reno Hacks

 @KristenCoutts  /Kristen Coutts [www.kristencoutts.com](http://www.kristencoutts.com)

Catch Kristen Coutts on the Sleep Country Main Stage, presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs, on Friday, September 26 at 6pm and Saturday, September 27 at 1pm.



## Sebastian Clovis

### TV Personality + Contractor

Sebastian Clovis is a magnetic, multi-talented host who blends hands-on construction expertise with heart, humour, and undeniable screen presence. A former CFL Grey Cup champion turned master contractor, Sebastian brings authenticity, leadership, and a deep passion for transformation to every project he touches. Whether wielding a hammer or connecting with homeowners, his charisma and relatability make him a natural storyteller and trusted guide through the highs and lows of renovation. With a voice that resonates and a smile that lights up the screen, Sebastian doesn't just build homes; he builds moments that matter.

### Presentation Topic: Embracing the Spirit of DIY

 @SebClovis  /Sebastian Clovis [www.sebastianclovis.com](http://www.sebastianclovis.com)

Catch Sebastian Clovis on the Sleep Country Main Stage, presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs, on Saturday, September 27 at 6pm and Sunday, September 28 at 1pm.

# MEET OUR EXPERTS



## Jess Byers

Designer + Owner of Lyn Designs

Jess Byers is an experiential design specialist and the founder of LYN Designs, a creative studio dedicated to supporting interior designers with elevated visual presentation tools. Jess collaborates closely with design professionals to bring their visions to life through custom 3D renderings and high-impact visuals.

With expert-level skill in SketchUp, she creates tailored renderings that reflect exact furniture, finishes, and fixtures—offering clients a clear and compelling preview of the finished space. At LYN Designs, the focus is simple: help designers communicate their ideas more effectively, beautifully, and professionally.

### Presentation Topic: Inside the Design



@lyndesign.s



/Lyn-Designs

[www.lyn-designs.com](http://www.lyn-designs.com)

Catch Jess Byers of Lyn Designs on the Sleep Country Main Stage, presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs, on Friday, September 26 at 4pm, Saturday, September 27 at 4pm, and Sunday, September 28 at 12pm.



## Emera Howden-Gareau

CEO & Principal Designer, Modern Fox Interiors

Emera Howden-Gareau is the founder and principal designer of Modern Fox Interiors, an award-winning Calgary-based design studio known for bold ideas, fearless creativity, and human-centered spaces that leave a lasting impact. Her work blends elevated aesthetics with everyday functionality, crafting interiors that feel as good as they look.

Modern Fox Interiors offers full-service residential and commercial design across Alberta and beyond, with a focus on renovations, new builds, and accessible living. Under Emera's direction, the studio champions individuality, challenges design norms, and delivers spaces that are anything but ordinary.

### Presentation Topic: Honouring the Environment, Culture + History of Where You Live



@ModernFoxInteriors



/Modern Fox Interiors - Interior Design

[www.modernfoxinteriors.com](http://www.modernfoxinteriors.com)

Catch Emera Howden-Gareau of Modern Fox Interiors on the Sleep Country Main Stage, presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs, on Friday, September 26 at 4pm, Saturday, September 27 at 4pm, and Sunday, September 28 at 12pm.

# MEET OUR EXPERTS



## Brittany McNab

Fifteen Twelve Home Co.

Hi, I'm Brittany McNab— an Interior Stylist and Designer here in Calgary, AB who is passionate about a home that feels timeless and functional to the people who live in it. I help my clients find their unique style, and curate spaces for them that feel like extensions of themselves.

I strive to create spaces for my clients that make them feel comfortable, relaxed, and truly at home in every sense of the word. This passion for helping others stems from a love of all things home, of creativity, and a knack for taking on challenging spaces large and small. Because of this passion, I offer both in-person and virtual design services to help my client's dreams of home come true, making my services available to clients with a variety of budgets.

**Presentation Topic: The Sanctuary Effect: How Intentional Design Can Shape Your Life**



@FifteenTwelveHome



/Fifteen Twelve Home Co.

[www.fifteentwelvehomeco.com](http://www.fifteentwelvehomeco.com)

Catch Brittany on the Sleep Country Main Stage, presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs, on Friday, September 26 at 3pm, Saturday, September 27 at 3pm.



## Neil Harding

Sleep Country Canada

Neil Harding has worked for Sleep Country Canada for many years. Neil is in charge of home shows, warehouse sales, and product knowledge training nationally. As a highly trained and experienced sleep expert, Neil has helped thousands of Canadians get a better night's sleep!

**Presentation Topic: Let's Talk About Sleep!**

Catch Neil Harding of Sleep Country Canada on the Sleep Country Main Stage, presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs, on Friday, September 26 at 5pm, Saturday, September 27 at 11am, and Sunday, September 28 at 11am.

# MEET OUR EXPERTS



## Marc and Mandy

**TV Personalities + Design & Lifestyle Experts**

Marc and Mandy are a dynamic married TV duo and trusted lifestyle and home décor experts with 500+ episodes aired on TV, 11 years in television and 21 years in publishing. Alongside their two children, they've starred in three hit seasons of a reality build series, blending design expertise, construction know-how, and family life. Marc brings over 20 years of design and construction experience, while Mandy, a self-professed foodie and wellness expert, adds heart, flavour, and a focus on living well. Their on-screen chemistry lights up every segment, combining feel-good energy with a down-to-earth approach that makes viewers feel right at home. As the faces of The Marc and Mandy Show and Canadian Home Trends Magazine, they make home improvement, décor and lifestyle trends accessible, inspiring and fun whether cooking a family meal, tackling a DIY project, or transforming a home from the ground up.

**Presentation Topic: Gourmet Recipes Made Simple with Budget-Friendly Table Styling**



@MarcandMandyShow



/Marc & Mandy Show

[www.marcandmandy.com](http://www.marcandmandy.com)

Catch Marc and Mandy on the Sleep Country Main Stage, presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs, on Saturday, September 27 at 12pm and 5pm.



# MEET OUR FEATURE DESIGNERS



## Tara Melhus

Founder, Staged by Tara  
Designer, Curb Appeal Feature

 @StagedByTara

 /Staged By Tara

[www.stagedbytara.com](http://www.stagedbytara.com)

Tara is the founder of Staged by Tara, a home staging consultation and training service that empowers homeowners to confidently stage their own spaces—and get that “sold” sign up faster. With years of hands-on experience and five years of exclusively staging for RE/MAX clients in Calgary, Alberta, she now supports homeowners, realtors, and brokerages both locally and virtually around the world.

Tara's mission is simple: to make home staging easy, affordable, and effective. Her practical tips, expert coaching, and resourceful strategies help homeowners maximize their selling potential—without the hassle or expense of renting staging items. By showing clients how to use what they already own, she helps create beautiful, market-ready spaces that are still livable and uniquely theirs.

A passionate advocate for shopping small, local, and smart, Tara has a gift for repurposing and reimagining pieces to create lasting impact. Based in Calgary, she's a proud mom to two young boys and one spirited four-legged companion.

When she's not helping homes shine, you'll find Tara cheering on the Toronto Blue Jays, catching live shows and award broadcasts, or dabbling in hobby photography. Her own home is a cozy reflection of her Canadian pride—complete with a vintage “Canada” gallery wall and an ever-growing Hudson's Bay blanket collection.

Tara is at her best when helping others transform their homes—and their listings. Whether you're a homeowner preparing to sell or a realtor looking to offer more value to your clients, she's here to help you stage smarter, live comfortably, and sell faster.

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## Designers of The Sleep Country Main Stage, The Lounge, and Life Elevated by Design:



## Emera Howden-Gareau

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## About Calgary Fall Home Show

It's time to nail down your next home improvement project and see what's possible at the 2025 Calgary Fall Home Show! Whether you're refreshing a single room or flipping your entire home, you'll find new ideas, great finds, and expert advice to keep your projects in style and on budget. With over 200 exhibitors and industry pros like Home Network's Kristen Coutts and Sebastian Clovis, we've got the tips, insights, and know-how to help bring any vision board to life. Get inspired, get informed, and get deals that truly measure up!

CALGARY  
FALL  
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# REAL INSPIRATION

## The Sleep Country Main Stage

Presented by Home Network and the Calgary Herald designed by Modern Fox Interiors + Lyn Designs

We're spilling the secrets to renovation success at the Sleep Country Main Stage presented by Home Network and the Calgary Herald! Step inside this moody, speakeasy-inspired space designed to spark bold ideas and big conversations. Get the insider scoop on how to avoid DIY don'ts and renovation regrets, from industry experts like Home Network's Kristen Coutts and Sebastian Clovis! They'll maybe even spill trade secrets that'll open the door to your dream home. Whether you're jazzing up a small space or giving your fixer-upper a fresh start, our expert lineup will help you build the confidence to bring any vision board to life.

**Sleep  
Country**



**Home**  
NETWORK

MODERN Fox  
INTERIORS



## Life Elevated by Design

Designed by Modern Fox Interiors + Lyn Designs

Ever wish you could peek behind the drywall and see how the design magic really happens? Life Elevated by Design pulls back the curtain on the renovation process, showcasing what happens when a designer, contractor, and client are perfectly in sync. Step inside this immersive collaboration between Modern Fox Interiors, Lyn Designs, and The Presentation Room, where vision meets craftsmanship, and every detail tells a story. Because great design isn't just about what you see—it's about the people who bring it to life.

MODERN Fox  
INTERIORS



## Curb Appeal

Designed by Staged By Tara

First impressions matter – just ask your front door! Curb Appeal will inspire you to take your uninviting front entrance and transform it into a welcoming gateway where design, charm and character will greet every guest with vision, personality and style. See how intentional design choices can open the door to new possibilities and lasting impressions. After all, every great home deserves a grand entrance!

staged  
by tara

## Paint With Purpose

Presented by Rachel Lyon

Local artists, guided by local muralist Rachel Lyon, are unleashing their creativity live at the Calgary Fall Home Show! Watch as these talented individuals paint and transform a blank canvas into a vibrant masterpiece inspired by the world around us. Paint with Purpose is where art meets philanthropy: the finished mural will be generously donated to a deserving local YYC charity.



# REAL INSPIRATION

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CALGARY  
FALL  
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SHOW

## The Lounge

Designed by Modern Fox Interiors + Lyn Designs

Need the energy to keep planning the home of your dreams? Revive your creative senses at The Lounge! Fuel your home improvement project with innovative ideas. Here you'll find the time to kick back, relax and get the inspiration to kick back some character into your home!



## Help Desk

Having trouble deciding whether to do your next project yourself or are you afraid of DIY disaster? Get the most out of your visit with a trip to the Help Desk at the Hall F entrance to point you in the right direction to make your vision boards come to life. Whether you're navigating floor-to-ceiling tiling or debating an open floor concept, our experts are here to help your next home project become a success!