

community

Clutter expert teaches ways to simplify life

by Wanda Chow

Black Press

Clutter has become an industry of its own in recent years. TV shows,

books, workshops and services on the issue are everywhere and have helped bring the all-too-prevalent problem out into the open.

But when it comes to tackling the piles of boxes, paper and assorted knick-knacks in our homes, perspective is key.

After all, as professional organizer Lynne Davidson says, "It's not about the stuff." Part of the problem is that our consumer society

advocates spending our way to happiness. Stuff is cheap and disposable. The more people have, the more it piles up.

Books are a common source of clutter. Davidson said people either see a perceived value in them because of what they paid for them, or having books makes them feel smart.

Often there's a fear that losing an object will cause them to forget the memories associated with it.

Then there's guilt, as in "what would my late mother say if I got rid of that vase?"



Mario Bartel photo

Lynne Davidson says books collections are a notorious source of clutter.

"At this point, your mother won't care," Davidson replies.

As for organizing, she stressed the need to cull belongings first. "Never organize your clutter."

Beginning Wednesday, April 1, at 7 p.m.

Davidson will be teaching a weekly five-session course through Richmond Continuing Education. To register for Clear the Clutter and Simplify Your Life, visit conted.sd38.bc.ca or call 604-668-6123.

YOUR new look

for Spring

is available at these fine spas and salons

SASHAY
Day Spa & Hair Salon
Beauty . Health . Home . Wellbeing
We restore the perfect you.
Call Now 604-277-3205
150-11380 Steveston Hwy., Rmd
Coppersmith Shopping Centre
Sashaydayspa.com
REDKEN
L'ORÉAL

PERFECT HEALTH
the movie spa
& SKIN CARE CENTER
WATCH A DVD ON OUR 14-FOOT MOVIE SCREEN
WHILE YOU GET YOUR MANICURE OR PEDICURE
GROUP SPA PARTIES, SOLO BOOKINGS
OR SIDE BY SIDE COUPLES SERVICES
RICHMOND and VANCOUVER
WWW.PERFECTHEALTH.CA
(604) 821-0000

ASK
hair studio
Relax, Enjoy, Indulge
Mention this ad and receive
15% off any one service with
Sarah or Brittany for the
month of April!
604-241-8600
#150-3900 Bayview St.
askhairstudio.com

Cool Secret Spa
cSs
Laser Clinic
Treat Yourself & Your Skin
Located in Beautiful Steveston Village
604-803-5359
240-12240 Second Ave.
coolsecretspa.com

LUMINOUS
SUNSPA
Tanning Studio
10% Off
Any Tanning Package
Offer expires April 18, 2009
604-278-7985
#105-6068 No. 3 Road
luminoussunspa.com

Harmonic
Spa & Beauty
Body Relaxation Massage (1 hr) **Special**
+
Firming & Rehydrating Facial (1 hr) **\$98**
604-276-8889
#200-4751 Garden City Road

Foot Spot
EXPERIENCE
\$52 INCLUDING
Body Massage (45 minutes)
Foot Massage (30 minutes)
Foot Soaking in special
Foot Spot Solution (10 minutes)
604-273-0938
#120-8380 Landsdowne Rd.
(at Cooney Rd.)

H2O
Hair & Nail Co.
STEVESTON
Mention this ad & receive a
FREE deep treatment with your
hair appointment.
\$35 value.
604-241-5593
#230-12240 Second Ave.
h2ohairnail.com

Vote for your Board of Directors at most Vancity branches from March 27 to April 4, 2009.

- | | |
|------------------------|---------------------|
| 1. Harry Deo | 7. Tod Maffin |
| 2. Phillip Shaughnessy | 8. Ken Walton |
| 3. Kim Griffith | 9. Jennifer Sweeney |
| 4. Jan O'Brien | 10. Gary Bizzo |
| 5. Michael MacDougall | 11. Lisa Barrett |
| 6. Wendy Holm | 12. Hugh Legg |

Exercise your power of membership, vote for your Board of Directors. Returning Officers will be in most Vancity branches between March 27 and April 4, 2009 to assist you. In-branch voting will not be available at the following locations: Station Square branch at Metrotown, Mission, West End, Westview, Pitt Meadows, Port Moody, Lynn Valley, Tsawwassen, New Westminster, Johnston Heights, Kruger, Garibaldi Highlands, Squamish, Walnut Grove, Saanich and Pigeon Park Savings. For more information on the candidates, visit vancity.com or pick up an Election Bulletin available in most branches.

63rd Annual General Meeting

To learn about Vancity's performance and to have your say, come to the Annual General Meeting on April 21, 2009 at the Italian Cultural Centre, 3075 Slocan Street, Vancouver, BC. Doors open at 6:15 pm and the meeting begins at 7:00 pm.

Complimentary bus service from selected community branches is available by reservation only. Please refer to the Election Bulletin or call 604.877.7000 for branch locations and to reserve your place on the bus by Tuesday, April 14, 2009.

Join the Annual General Meeting via a live webcast. Log onto our website at: vancity.com/AGM. We'll also be hosting a webcast location for members who can't attend. It'll be held at the Executive EuroStar Hotel, 3020 Blanshard Street in Victoria. To register your attendance, please call 604.877.6548, 604.877.7663 or 1.888.Vancity (826.2489) by April 14, 2009.

Vancity