

A Hair-raising Event

SHERRY EPP

A little girl or boy fighting cancer will soon be wearing a wig made out of five-year-old Regan Sheldrick's hair. The mini-Metchosinite heard about donating hair to make wigs for cancer patients and promptly decided to do just that. "Doing stuff for charity is important, Mommy, and I want to give something I've got to kids who don't have any," said Regan, whose mom Stacy Ross, and dad Don Sheldrick, shed a few tears on March 9, when stylist Toni Dosouto of Tony's Hair Design in Hatley Park, snipped away their daughter's waist-length blond tresses. "It was most definitely her decision," the proud mom said.

Regan's only comment about the new look was "good," noting her head looked different when she saw her shadow on the ground.

Unlike most five-year-olds, Regan has an understanding of the effects of chemotherapy, after watching her grandma go through hair loss and the wig-wearing regime. The idea the same thing can happen to kids her age struck a chord. "I wanted to do something kindful, and this is it," she said.

Along with donating her hair, Regan has been fund-raising for the B.C. Cancer Foundation, collecting mainly from family and friends to fill her



Regan of the long, flowing tresses

money tin. Just before the Muse went to press, Rick and Ingrid Carswell of RLC Park Services offered to match any other donations dollar for dollar, and all the generosity has come close to an amazing total of \$3,000.

Anyone wanting to add to Regan's cause can go to the bccancerfoundation.com website, opt for ways to donate, donate to a fundraising page, search for Regan, and carry on from there. Donations (checks are payable to the B.C. Cancer Foundation) can also be mailed to: Regan, care of Stacy Ross, 4716 Merridale Road, Victoria, V9C 4E9.



Regan of the impish smile!

Stressed Out? Get Organizing!

MAGGIE MEGINBIR

When the going gets stressed, the stressed get – whatever it is the stressed get doing. Personally, I get organizing. There is nothing like finding the perfect shoe storage system to house ten pairs of (wait for it) black shoes, or shredding all of last year's credit card statements to feel a sense of calm descend like an old friend.

I actually started on this organizing journey when personal tragedy struck and struck again. It doesn't take a psychologist to posit that I was attempting to bring external order to internal chaos, to assert some control in my life (name your disorder). Anyway, whatever it was, the benefits have brought a sense of order that I love and enjoy every day. No more running around the house yelling "Where are my keys, has anyone seen my keys (glasses, cell phone)"? Okay, so far, fewer crazed searches. Who would have thought that a little basket by the front door could work such a miracle? A no-brainer you say? Maybe, but we all have our no-brainers to sort out, although I do wish mine did not take so long.

The smallest efforts at organizing bring immediate gratification, a highly valued commodity in this day and age of drive-thru's and sub-prime mortgages. Think in terms of bringing order to a drawer, a glove compartment, or your purse.

Now that Spring is here, along with the urge to clean and start anew, why not commit this month to de-cluttering, a mainstay of organizing. You might prefer definitions such as purging or repurposing. Since new terms for old ideas are *de rigueur* nowadays, I propose my own for this concept: How about deguiling. Get rid of things that you keep simply because the thought of tossing them produces bucket loads of guilty feelings. Guilt because, "it's such good quality" or "I may use it someday" or, even more guilt inducing, "Jane made that for me in preschool".

"Deguiling" is not for the faint of heart. Yes, I hung on to a wedding gift for, ohhhhh, about fifteen years before I let it go. Now every time I pull out of the parking lot of St. Vincent de Paul I feel lighter for having re-homed even more stuff I don't use. My thinking is "get rid of the stuff and the guilt at the same time". Talk about efficiency.

Set a goal for yourself and test the waters, so to speak. Get rid of a couple of things that no longer (or never did) bring you enjoyment and see how you feel. Can you live with yourself? Do you even remember by the following week what you wanted to hang on to so badly? My guess is "probably not". So go ahead and revel in letting the guilt go. Or, alternately, to quote Meg Ryan in French Kiss, "Just feel guilty. Swim in it till your fingers get all pruned". There is always next month. (Maggie Megenbir is the founder of Calm, Cool & Uncluttered Organizing Services www.calmcooluncluttered.ca, maggie@calmcooluncluttered.ca, 250-391-6808)



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Bursary Assistance Available for Established and Emerging Artists

DAVE SKILLING

Registration is now in full swing at the Metchosin International Summer School of the Arts (MISSA). Now in its twenty-ninth year, the summer studio series offers over forty workshops in a wide array of creative pursuits, including jewellery making, painting, ceramics, storytelling and photography. The forested Pearson College campus setting serves as an inspiring environment, conducive to intensive exploration of the arts. "Everyone leaves with a new enthusiasm for their art. The peaceful yet stimulating atmosphere attracts many students and teachers to return regularly to enjoy the exchange of artistic ideas and take part in the MISSA magic," observed Dave Skilling, MISSA Executive Director.

Each year MISSA awards a limited number of bursaries. These typically cover workshop tuition and bursary students are expected to contribute a minimum of four hours volunteer time per week and to write a brief report outlining their MISSA experience.

In addition, MISSA has three Young Artist bursaries available to students 19-29 years old and attending art school or actively pursuing a career as a full time artist or art teacher. Each Young Artist Bursary is valued at approximately \$1,000 and includes tuition for a five day workshop plus six days accommodation and meals.

Bursary selection is undertaken by the Board of Directors and is based on artistic merit, financial need and commitment to art practice. The bursary application deadline for MISSA 2013 is May 1.

Visit www.missa.ca for bursary and workshop details.