

TSAWWASSEN

LIVING

MEET MEHJ PARDHAN

*A Life Rooted in Family,
Community, and Inner Listening*

MARCH 2026

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Dear Residents,

Welcome to our March edition of *Tsawwassen Living*. With spring just around the corner, this month feels like a natural moment to turn our attention inward and closer to home. As the days begin to lengthen and the promise of warmer weather returns, we're focusing on refreshing the spaces where we live, gather, and recharge.

In this issue, we're excited to feature insights from several of our Expert Contributors who are all tackling the idea of a spring refresh from different perspectives. Brandon Smith of New Vision Projects, Mikki Litzenberger of Alter Design, and Michelle Sullivan of Rite Flow Plumbing each share practical inspiration and professional advice to help you welcome the new season with intention and ease.

We're also proud to introduce you to Mehj Pardhan, owner of Beach Grove-based Harmonious Healings. Mehj shares her personal story rooted in family and community, along with her journey as a Reiki Master. Her perspective is a beautiful reminder of the importance of balance, wellness, and connection as we move into a new season.

You'll also find a breakdown of upcoming local events on page 5, with a strong focus on wellness, gardening, and opportunities to get outside and engage with the community as spring approaches.

Finally, a gentle reminder that daylight savings arrives on March 8— a small but meaningful milestone as we move toward longer, brighter days ahead.

Here's to the start of spring and all the fresh energy it brings..



With gratitude,

Sydney Socias

Publisher

ssocias@bestversionmedia.com

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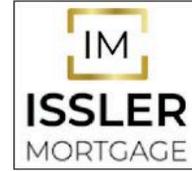
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March 2026

Mar 5, THURS.

Power of Women in Philanthropy

@Harris Barn, 4140 Arthur Dr, Delta

We are excited to invite you to join us at the 2nd annual Power of Women in Philanthropy event, hosted by Delta Hospital and Community Health Foundation in celebration of International Women's Day. This inspiring event will honor the incredible contributions women have made to healthcare and community well-being in Delta. On Thursday, March 5th, we will host a special luncheon bringing together 140+ influential community leaders for an afternoon of thought-provoking conversation and celebration. The event will showcase local community voices, with a compelling keynote that will spark inspiration and new ideas. We are also honoured to present this year's Leadership in Philanthropy Award to Cindy Beedie.

Time: 11:00am-2:30pm

Details: dhchfoundation.ca/event/power-of-women-2026/#:~:text=When,Barn%2C%204140%20Arthur%20Dr%2C%20Delta

Mar 7, SAT.

Dream it, Be it, Career Fair

@Tsawwassen Mills, Entry 3

In celebration of International Women's Day, So-optimist International of South Delta is hosting its first Career Fair; A fun, high-energy event created just for young women ages 13-21 who want to explore their future, discover new possibilities, and meet real women doing amazing things in the world. Whether you already have big dreams, feel unsure, or just want to see what's out there, this event gives you a welcoming space to learn, ask questions, and get inspired.

Time: 11:00am-3:00pm

Details: sisouthdelta.org/dream-it-be-it

Mar 10, TUES.

Between Breaths: Breathwork in the Barn

@Southlands, The Red Barn, 6333 Market Ave

Between Breaths is a four-session somatic breath-

work series exploring the space of transition — the in-between moments where clarity is still forming. Through guided breathwork and nervous-system-informed practices, participants are supported in staying grounded and resourced without rushing toward answers or resolution. This early spring series invites a slower, more embodied approach to change, helping participants reconnect with their breath, their bodies, and their inner sense of timing. The series runs on March 10, 19, 31 and April 9, 2026, from 7:00-8:30pm, at the Red Barn. No prior breathwork experience required.

Time: 7:00pm-8:30pm

Details: southlandsgrange.ca/event/between-breaths-breathwork-in-the-barn/2026-03-10/

Mar 14, SAT.

Wedding Open House & Menu Tasting

@Tsawwassen Springs Ballroom, 1600 56 St

Join us at Tsawwassen Springs for our Wedding Open House & Menu Tasting and experience the romance and elegance of the Springs Ballroom firsthand. This special afternoon invites engaged couples to explore our beautifully styled venue, enjoy inspired décor by Divine Decor, and sample a curated selection of items from our wedding buffet. It's the perfect opportunity to envision your celebration, meet our team, and discover how Tsawwassen Springs can bring your wedding day to life. RSVP required — complimentary for brides and grooms. Please RSVP to Lauren@tsawwassensprings.ca

Time: 2:00pm-5:00pm

Details: tsawwassensprings.ca/news/#:~:text=Wedding%20Open%20House,complimentary%20for%20brides%20and%20grooms.

Mar 16, MON.

Spring Break Golf Camps

@Tsawwassen Springs, 5133 Springs Boulevard

Our camps aim to provide children with a safe & fun environment, where they can learn the funda-

mentals of golf as well as rules and etiquette. They will spend time at the driving range, chipping area & putting green. This camp will be focusing on getting the children ready to play on the course! Rental clubs will be provided for those without clubs.

Time: varies on specific dates/age ranges

Details: contact academy@tsawwassensprings.ca if you have any further questions or visit tsawwassensprings.ca/golf-camps/

Mar 21, SAT.

Seedy Saturday

@Southlands, The Red Barn, 6333 Market Ave Earthwise Society is hosting a Seedy Saturday event! Whether you're an avid gardener or just starting out, this is a great chance to connect with your community, exchange seeds, and share gardening tips. Bring your extra seeds and swap with fellow garden enthusiasts, or simply come to learn something new. It's the perfect event to kick off the gardening season!

Time: 10:00am-2:00pm

Details: southlandsgrange.ca/event/seedy-saturday-3/

Mar 26, THURS.

March Healing Circle

@Southlands, The Red Barn, 6333 Market Ave Harmonious Healings is back for a gentle gathering focused on opening and balancing your Throat Chakra — your center of self-expression, truth, and authentic communication.

What to Expect; learn about the throat chakra, guided meditation to open the flow of energy to support the throat, Gentle Reiki healing to release blocks, restore harmony for clear expression. What to Bring: bring your yoga mat, blanket, pillow, water bottle and journal

Time: 7:30pm-9:00pm

Details: harmonioush Healings.ca/ola/services/chakra-series-session-5-throat-chakra

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Submitted by Brandon Smith

A BUILDER'S GUIDE

Making the Right Move for Your Life and Your Future

After more than 15 years in construction, I can tell you something with complete confidence: the question of whether you should renovate, rebuild, or relocate is almost never about bricks, drywall, or budgets.

It's about your life. It's about identity. It's about how you want to live. It's about whether your home still supports the version of you that you're becoming.

People come to me all the time saying, "We love our neighborhood, but this house just doesn't work anymore." And what they're really asking isn't a construction question. They're asking a clarity question. They're asking if they should evolve their environment or evolve their life by changing it entirely.

This decision will shape your financial future, your stress levels, and your quality of life more than almost any other investment you'll ever make. That means it's not a decision to rush. It's a decision to lead.

In a market like Vancouver and the Lower Mainland, where land is expensive, construction is complex, and emotions run high, the difference between a strategic decision and an emotional one can be hundreds of thousands of dollars and years of regret.

My job isn't to convince you to renovate, rebuild, or move. My job is to help you think clearly enough to choose what serves your future, not just your frustration. Because clarity builds confidence, and confident homeowners make powerful decisions.

RENOVATION: WHEN IT MAKES SENSE

Renovating is appealing because it feels familiar. You keep your address. You stay close to your routines. You upgrade what already exists, and in the right situation, renovation can be an incredible move. It makes sense when your location is irreplaceable. If your lot is gold, staying put and reinvesting in it can be smart. It makes sense when the structure is solid.

Good bones matter. A strong foundation, straight framing, and a healthy building envelope give you leverage.

It makes sense when your scope is crystal clear. The biggest renovation mistakes happen when clarity is missing. A kitchen becomes a main floor. A main floor becomes the whole house. And suddenly you're halfway to a rebuild without realizing it.

If you renovate, define both what is being done and what is not being done. That distinction saves money, stress, and disappointment. And it makes sense when you're emotionally ready for disruption. Renovations are noisy. Dusty. Invasive. They test patience. They test relationships. If you can handle temporary chaos, renovations can be powerful. If you can't, they can drain you. There's no weakness in admitting that. There's strength in knowing yourself.



WHEN RENOVATION BECOMES THE WRONG MOVE

Not all houses are good candidates for renovation. I've seen projects transform beautifully. I've also seen projects where halfway through, the owners realized they should have rebuilt. Hidden rot. Outdated wiring.

Structural sag. Unpermitted additions. Moisture problems that no one could see before walls came down.

Suddenly the renovation becomes a rebuild disguised as a remodel. That's

the moment people feel trapped.

They're already invested. They feel forced forward, and that's the danger of underestimating complexity.

Renovation only makes sense if the structure supports your vision and the numbers support your future. If either one collapses, you're no longer renovating strategically. You're reacting emotionally. There's also the half-measure trap. This happens when deep down you want a new home, but you try to force the old one to become something it can never fully be. You spend hundreds of thousands of dollars and still feel like you're living in an old house with new finishes. If your gut says, "We're trying too hard to make this work," listen. That feeling doesn't go away.

REBUILDING: WHEN CONTROL BECOMES FREEDOM

For some people, tearing down a livable home feels extreme. But in markets like ours, it's often the most rational move. When you build new, you stop adapting to someone else's decisions and start designing for your own life. Every wall has purpose. Every window has intention. Every square foot serves a function. You're no longer compromising. You're creating. People assume rebuilding is dramatically more expensive than renovation. Often it isn't. Large-scale renovations can easily reach \$400-\$700 per square foot once complexity and surprises appear. New builds might land in the \$500-\$800 range, but you're getting everything new. No retrofits. No hidden mold. No legacy problems. The value per dollar is often higher in a rebuild, and there's something powerful about control. Control equals confidence. You're not guessing what's behind the walls.

You're not trying to make outdated systems work. You're not inheriting mistakes. You're building for how you live today and how you'll live tomorrow. Modern building standards change everything: Energy efficiency. Air quality.

Lower maintenance. Smarter mechanical systems. Solar readiness. Airtight envelopes. This isn't just good for the planet. It's good for your long-term finances, and perhaps most importantly, rebuilding removes the emotional friction of compromise. You stop settling. You start designing.

RELOCATING: WHEN THE ENVIRONMENT IS THE REAL PROBLEM

Sometimes the smartest move is to move. Not because you're running from something, but because you're moving toward something. Most people think about relocating when frustration peaks. The house feels small.

The commute feels heavy. The lifestyle feels out of alignment. But here's the trap: people compare the worst version of their current home to the best version of a potential new one. Your messy kitchen gets compared to a staged show home. Your rush-hour commute gets compared to an imaginary shorter one. Your stress gets compared to a fantasy of ease. Emotion wins. Logic fades. Relocation only becomes powerful when it's strategic, not reactive. It makes sense when your lifestyle has changed and your home can't keep up. It makes sense when the math no longer works. It makes sense when your environment no longer reflects who you are.

You can build the perfect house, but if the location doesn't fit your life, it will never feel complete.

THE HIDDEN COSTS OF MOVING

Relocation looks simple on paper. Sell. Buy. Done. In reality, it's layered: Realtor fees. Property transfer tax. Legal costs. Moving expenses. New furniture. Renovations anyway. Landscaping. Time. Energy. Stress.

Many people discover after the fact that relocating was a six-figure decision before they even unpacked a box. That doesn't make relocation wrong. It just means it must be chosen with eyes open.

START WITH LIFE, NOT WITH THE HOUSE

This is where most people get it backwards. They start with what they want to build instead of how they want to live. They say: "We want a bigger kitchen." Instead of: "We want space that brings our family together." They say: "We want a new home." Instead of: "We want less maintenance and more free-



dom." Your home should support your lifestyle, not dictate it. Before you talk to builders or realtors, ask: What does the next chapter of our life look like? How should our home support that? When you answer that honestly, the right housing choice becomes clearer.

BUILD FOR YOUR 10-YEAR SELF, NOT YOUR 10-MONTH EMOTIONS

This is one of the most important shifts you can make. Most homeowners decide based on how they feel right now: Cramped. Frustrated. Overwhelmed. Relief becomes the goal, but the best housing decisions aren't about immediate relief. They're about long-term alignment. Ask: Where will we be in ten years? Will our needs grow or shrink? Is this a forever home or a strategic chapter? The decision that feels best today is rarely the one that serves you best long term. Zoom out. Lead yourself forward.

THE FRAMEWORK THAT BRINGS IT ALL TOGETHER

Here's a simple framework I use when helping families decide.

1. Define the Root Problem

What are you actually trying to solve? Layout? Function? Lifestyle? Location? Write it down. Most people skip this and stay confused.

2. Evaluate the Potential of Your Current Property

What's the ceiling here? Zoning. Density. Lot value versus house value. Hidden opportunity.

In our market, land often drives 70-80% of total value. Sometimes the structure is the smallest piece of the puzzle.

3. Get Real Numbers Early

Not perfect numbers. Honest ones. Renovation costs. Rebuild costs. Relocation costs. When you see all three side by side, clarity appears.

4. Factor in Life Logistics

- Renovation may mean living in chaos.
- Rebuilding means temporary housing.
- Relocating means changing routines, schools, and communities.

All are trade-offs. Ignoring them creates resentment.

5. Play the Long Game

Will this decision: Improve your daily life? Strengthen your financial position? Hold value in changing markets?

If the answer is yes, you've found your path.

THE REAL TAKEAWAY

Indecision costs more than any option ever will. When you sit on the fence: You lose time. You lose peace. You delay growth. Your home is your biggest asset. It should work for you, not against you. Whether you renovate, rebuild, or relocate, the goal is the same: Alignment. Clarity. Confidence. Your home should be a source of pride, not pressure. And when you choose with strategy instead of emotion, you don't just improve your house. You elevate your life.

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MEET MEHJ PARDHAN

A Life Rooted in Family, Community, and Inner Listening

On a quiet street in Beach Grove, where mornings begin with sea air and neighbourly hellos, Mehj's home feels both grounded and gently alive. It's a place where intention is woven into the everyday—where the walk to school becomes a moment of connection, where creativity spills across kitchen tables, and where Friday nights are reserved for a cherished ritual of sushi and movies. For Mehj and her family, home is not just where they live; it's where they've chosen to truly belong.

Mehj shares this life with her husband, Maz, and their two daughters, Saira and Sakina, along with their recently adopted tabby cat, Mimi, whose quiet presence has quickly become a source of joy. Three years ago, the family made

a conscious decision to move to Beach Grove, drawn by the promise of community, walkability, and closeness to nature. "We wanted somewhere that felt like a village," Mehj says. "A place where you know your neighbours, where life slows down just enough to feel connected."

From their home, everything feels within reach: the girls' school just minutes away, the arena for skating and gymnastics, local cafés, and the dyke—a place Mehj returns to often for reflection. "Every time I walk there, the water and mountains take my breath away," she says. "Even after all this time, it feels new."

Growing Up Together

Family life in the Pardhan household is full, lively, and deeply intentional. Saira and Sakina are both enthusiastic gymnasts

at Delta Gymnastics, with Saira recently discovering a love for figure skating as well. At home, the girls are creators—turning scraps into art, experimenting with sewing, and filling the house with imaginative projects. Saira, witty and articulate, loves a good debate and has a sharp sense of humour; Sakina, often upside down or mid-cartwheel, approaches life with joyful energy and curiosity.

Despite their differences, the sisters share a close bond. "They really look after each other," Mehj says. "There's a deep connection there that feels very special."

Rituals are important in this family. Holidays are celebrated with enthusiasm—decorations, themed gatherings, and small traditions designed to create lasting memories. Every Friday night is sushi night, always from the same Ladner

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restaurant, where staff know their order by heart. On one occasion, when Mehj accidentally left her hat behind, the waitress wrote their regular order inside it so she'd remember it was theirs. "Moments like that remind me how lucky we are to live in a place that feels so personal," Mehj says.

A Global Perspective, A Grounded Home

Originally from Africa, Mehj was born in Tanzania and moved to Canada at the age of 15. Her family's journey shaped her worldview early on—one rooted in resilience, adaptability, and appreciation for opportunity. She speaks six languages, and together with Maz—who speaks entirely different languages yet understands her perfectly—their home has always been a place where cultures, perspectives, and stories meet.

Travel remains a passion for the entire family. From Italy and Morocco to Spain, Portugal, Turkey, Thailand, and Bali, they seek out places rich in culture and meaning. Their rule is simple: visit a destination once, because there is so much of the world to see. A particularly cherished memory comes from Tuscany, where Mehj and Maz stumbled upon a small deli and shared what they still consider one of the best meals of their lives—fresh mozzarella, pesto, and bread, eaten slowly and with gratitude.

"Travel teaches us humility," Mehj reflects. "Every trip reminds us how much we take for granted and how beautiful simplicity can be."

Listening Inward

While Mehj's life today appears harmonious and intentional, her journey to this place was anything but straightforward. From a young age, she was deeply sensitive—aware of moods, energies, and subtle shifts others might overlook.

She was drawn to philosophy, psychology, spirituality, and the unseen layers of life, always sensing there was something more beneath the surface.

"I don't like calling it a 'gift,'" she explains. "That word can imply hierarchy, like some people have something others don't. I believe we all have this awareness. Some of us are just more tuned in, or more willing to listen."

Like many, Mehj faced doubts, fears, and periods of feeling lost. She often felt she didn't quite fit in, seeing the world differently and questioning why it worked the way it did. Yet even then, people were drawn to her. She was the friend others turned to for support—the one who listened without judgment, who held space when things felt heavy.

As life presented its challenges, Mehj turned inward, beginning a deep process of self inquiry and healing. What started as a search for answers became a lifelong commitment to learning. She immersed herself in holistic health, energy work, hypnotherapy, coaching, and spiritual counselling—not to become someone new, but to better understand herself and the human experience.

"I dedicated myself to reversing my health, shifting my mindset, and releasing limiting beliefs," she says. "As I changed, everything around me began to change too."

A Career That Unfolded

Professionally, Mehj's path followed a more traditional trajectory—at least at first. She earned a Bachelor of Science in Biology and began her career in cancer research, driven by a desire to help people in a tangible way. From there, she moved into the pharmaceutical industry and eventually into project management,



leading large-scale transformation initiatives within Canada's healthcare system.

Over more than 20 years, she built a successful career, working as an independent consultant and leading complex organizational change. Yet despite her achievements, a quiet sense of emptiness lingered. "With every role, there was a feeling that something was missing," she says. "Like I was meant to do something more personal, more heart-centered."

That realization didn't arrive suddenly. It unfolded gradually, as her own healing deepened and others began seeking her out—not for professional advice, but for presence, clarity, and support. Friends, family, and even strangers came to her for guidance, and eventually she realized she was already doing the work she was meant to do.

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Letting go of a stable, well-defined career wasn't easy. "I had over 20 years of experience, a professional identity, and a clear path," she says. "Choosing something less conventional meant trusting myself in a new way."

Creating a Space for Healing

Today, Mehj offers her work from a serene studio within her home—surrounded by nature, a gentle pond, and the soft sound of a trickling waterfall. The space feels calm and grounding, intentionally designed to help people relax and feel safe.

Her approach is gentle and integrative, drawing from Reiki, hypnotherapy, Access Consciousness, and intuitive guidance. Each session is personalized, rooted in compassion rather than fixing. "Healing isn't about changing someone," she explains. "It's about creating a space where people feel seen, supported, and empowered to access their own inner healer."



She works with people from all walks of life—busy professionals with overwhelmed nervous systems, individuals navigating emotional challenges, and those simply seeking greater clarity and self-awareness. In addition to one-to-one sessions, she hosts circles and workshops, expanding her offerings to the wider community.

Initially, this path wasn't fully understood—especially within her cultural and religious background. There was curiosity, skepticism, and at times distance. "I had to work through my own stories

about what was acceptable or possible," Mehj says. "Healing is layered. You peel back beliefs gently, one at a time."

Over time, as people witnessed the positive changes in her life and their own, understanding grew. Members of her own community began reaching out, curious and open. "That was incredibly affirming," she says.

Building Community, One Circle at a Time

Community remains central to everything Mehj does. She hosts healing circles and workshops both from her studio and at the Red Barn in Southlands, creating accessible spaces for learning and connection. She also runs the Soul Seekers Book Club, an intimate group of women who meet biweekly to explore transformative books—not just intellectually, but through reflection, meditation, and shared experience.

"It's not your typical book club," she says with a smile. "It's about embodiment, about seeing ourselves reflected in one another."

Her vision is simple yet powerful: to foster spaces where people feel less alone, more connected, and supported in their growth. "We are all mirrors," she says. "What we see in others often shows us what's within ourselves."

Gratitude for Home

When asked what she loves most about Beach Grove, Mehj doesn't hesitate. "The warmth," she says. "The smiles, the conversations, the feeling that people



genuinely care." Being able to walk her children to activities, grab a coffee instead of driving, and greet familiar faces on the dyke has transformed daily life.

As for a message to her neighbours, it comes from the same place that guides her work: gratitude and encouragement. "Thank you for creating such a welcoming community," she says. "And if there's a dream or calling in your heart, know that it's never too late to follow it. Trust yourself, take the step, and see where it leads."

In Beach Grove, surrounded by family, community, and the steady rhythm of the sea, Mehj is doing exactly that—living a life rooted in presence, purpose, and connection. ■

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By Michelle Sullivan

SPRING RESET:

Falling Back in Love With Your Home

March has a way of shifting our attention outward. The days get longer, beach walks are warmer, gardens wake up — and suddenly our homes start extending beyond four walls again. Spring doesn't just invite a clean-out; it invites a re-imagining of how we live in our spaces.

Whether you're preparing to sell, settling into a home you love, or simply wanting things to work better, this season is always the right time to invest in thoughtful maintenance and small upgrades. Not necessarily the flashy kind — but the kind that protect your home, increase its value, and quietly improve everyday life. "The best time to care for your home is before something goes wrong — spring is your head start."

As a locally owned, born-and-raised Tsawwassen company, we see homes at every stage. What we know for sure is this: great homes aren't about budget — they're about care, good information, and having professionals you trust looking out for you.

Start With What You Don't See (It Matters Most)

Spring is the perfect time to check in on the systems that work quietly in the background. Plumbing, gas, drainage, and hot water systems often get overlooked — until they don't work. One of the most forgotten (and important) services is flushing your hot water tank, hot water on demand or boiler system annually.

Over time, sediment, mineral buildup, and debris settle at the bottom of the tank. Left unchecked, this buildup reduces efficiency, shortens the lifespan of the tank, and can lead to overheating, cor-



rosion, foul odors, cloudy water — and yes, bacteria that no one wants circulating through their home.

The good news? When done properly, it's a relatively straightforward service that can extend the life of your tank by years and save thousands in premature replacement.

For homeowners who are comfortable

understanding how their systems work, we're always happy to explain what's involved and help you decide whether it's something to take on — or something better left to a professional. Either way, having the right information is what protects your home. "The most valuable upgrades aren't always visible — consistent maintenance and thoughtful improvements are what protect homes long-term."

Spring Is Also About Living Better Outdoors

In coastal communities like ours, spring means prep for backyard season. Some of the most impactful upgrades we're seeing aren't renovations — they're lifestyle improvements. Outdoor showers for rinsing off after the beach, garden clean-ups, or muddy kids. Hot water access outside for filling a kiddie pool, washing pets, or prepping an outdoor kitchen. Gas hookups that make outdoor cooking seamless and safe.

These are two small upgrades we added to our own backyard — and they completely changed how we use the space. They made it easier, more functional, and more enjoyable. These practical improvements add daily value and long-term appeal, not to mention epic outdoor movie nights with friends and family.

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Declutter to Create Momentum

Clearing out winter clutter does more than tidy shelves — it helps homeowners see their space clearly again. When things feel lighter, it's easier to notice what needs attention and what could be improved with just a little care. "Wherever you are in your home journey, now is always a good time to begin!" For sellers, this clarity helps homes show better. For those staying put, it creates calm and functionality — which is just as valuable.

THOUGHTFUL ADVICE FROM LOCAL EXPERTS

One of the things we value most is collaboration. When professionals work together, homeowners' benefit. Here's what some trusted local experts suggest focusing on this spring:

GLENN ISSLER: MORTGAGE EXPERT (*Glenn Issler Mortgages*) Spring Financial Check-In:

"Even if you're not moving, spring is a smart time to review your mortgage. Adjusting terms or refinancing can free up funds for maintenance or upgrades that protect your home's long-term value."

BRANDON SMITH: HOME BUILDER & RENOVATION EXPERT (*New Vision Projects*) Take a birds-eye Approach:

"Whether you renovate, rebuild, or relocate, the goal is the same: alignment, clarity, confidence. Your home should be a source of pride, not pressure and when you choose with strategy instead of emotion, you don't just improve your house. You elevate your life."

MIKKI LITZENBERGER: INTERIOR DESIGN EXPERT (*Alter Design Studio*) Refresh Without Replacing:

"Spring is an ideal time to reconnect with how your home supports your daily life. Thoughtful adjustments such as editing, rearranging, or improving lighting and fixtures can make a meaningful difference without the need for major change."

BLAKE CHANCEY: REALTOR EXPERT (*Blake Chancey Realty*) Think Like a Future Buyer:

"Pride of ownership equals peace of mind for home buyers. Whether it's a 5 or 50 year old home, if the seller has maintained the property well it's always going to create a positive feeling for potential buyers.. In the long run, maintaining your home items always pay off!"

A Community-First Approach (Always)

At the heart of what we do is a belief that everyone deserves access to reliable, professional advice — without pressure. Whether you're planning big changes or just trying to stay on top of the essentials, we're honoured to be a resource. "Whether you're preparing to sell, settling in for summer, or simply staying on top of the things that matter, we're here as a trusted local resource — no pressure, just good advice and reliable work from people who live here too.

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By Mikki Litzenberger

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Decision Fatigue: The Hidden Stress Behind Home Renovations

When people imagine a home renovation, they tend to picture finishes, colours, and beautiful before and after photos. What most do not anticipate is the mental exhaustion that often comes long before construction is complete.

In our experience, the greatest source of renovation stress is not construction delays or budget conversations. It is decision fatigue. Decision fatigue occurs when people are re-

quired to make too many choices, too quickly, often without enough information or context. Renovations demand an extraordinary number of decisions, both large and small. Layouts, materials, lighting, plumbing fixtures, storage solutions, timelines, and budgets all require attention. Even confident, capable homeowners can find themselves feeling overwhelmed. What we hear most often from clients is not concern about style. It is concern about regret. People say things like, "I do not want to make a mistake," "I want someone to take this off my plate," or "I do not want this to become a source of conflict." These are not design problems. They are decision problems.

One reason decision fatigue is so common during renovations is that decisions are often presented out of order. Homeowners are asked to select finishes before layouts are finalized, or confirm details before they understand how those choices affect the overall project. When decisions lack context, confidence quickly disappears.

Another challenge is that not all decisions carry the same weight. Some choices are relatively easy to change later. Others are permanent. Without guidance, everything can feel equally urgent, which leads to second guessing, delays, and unnecessary stress.

The good news is that decision fatigue is preventable. A well-run renovation follows a clear sequence. Early decisions should focus on function, flow, and scope. These include how spaces will be used, how rooms connect, and what problems the renovation is meant to solve. Once these foundations are established, later decisions become easier and far less emotionally taxing.



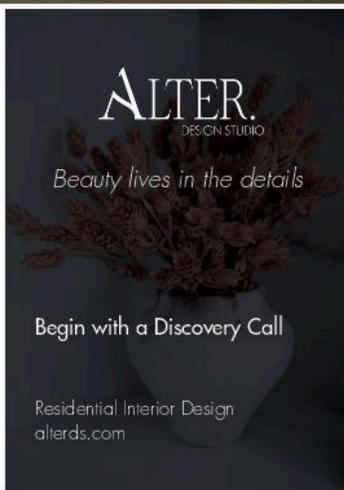
It is also important to understand which decisions truly require your involvement. Not every choice needs your time or energy. Delegating appropriately and trusting experienced professionals can significantly reduce mental load and lead to better outcomes.

Before making any renovation decision, it can be helpful to pause and ask a few simple questions. Why does this decision matter right now? What happens if it is delayed? What are the consequences if it is wrong? If the answers are unclear, it may not be the right moment to decide.

A renovation should feel thoughtful and intentional, not rushed or exhausting. When decisions are made in the right order and with the right information, the process becomes calmer and far more enjoyable.

The most successful projects are not those with the trendiest finishes. They are the ones where homeowners feel supported, confident, and at ease throughout the journey.

Renovations are complex, and the earlier clarity is established, the smoother the process becomes. If you are planning a renovation and want experienced guidance before decisions are made, you can learn more about our approach at alterds.com.



DELTA COMMUNITY FOUNDATION WELCOMES FIRST EXECUTIVE DIRECTOR



Lara Victoria
Executive Director
laravictoria@deltafoundation.org

The Delta Community Foundation is pleased to announce the appointment of its first Executive Director, Lara Victoria, marking an important milestone in the Foundation's growth and its ongoing commitment to serving our community. She will lead the Foundation's operations and fund development, working closely with the Board, staff, and community partners to strengthen donor relationships, advance community initiatives, and support the Foundation's long-term commitment to stewardship in Delta.

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