

Ten Thousand Hours

By Shelagh Damus

Ten thousand hours. That is the amount of time it takes to become world class at anything.

There have been studies done and books written that conclude this is the amount of time one must pour into ones sport or activity to achieve greatness. In athletic pursuits there needs to be a certain degree of natural talent, but once that is taken into consideration the remainder is hard work and dedication.

And failure. It may seem counterintuitive to suggest that failure is a means to success but it is. To fail at something by definition means you tried something you didn't know how to do. In figure skating, there are a lot of failed attempts at jumps, spins, spirals and, in those early days, just standing up, that eventually lead to success. It is the perseverance and dedication to getting it right that brings improvement.

Skaters of all stripes (or boot colour) have to overcome barriers to success by trying new things over and over in order to get to the next level. Hockey players who have spent little time learning how to skate backwards will struggle in defence until they master the skill. Those who have invested time honing their skating skills in an advanced learn to skate program will shine when they display their on ice agility.

For parents of figure skaters at the club level it is not always easy to understand what a coach or judge is looking for. The Stouffville Skating Club just had its second test day and there was much to celebrate and a bit of disappointment.

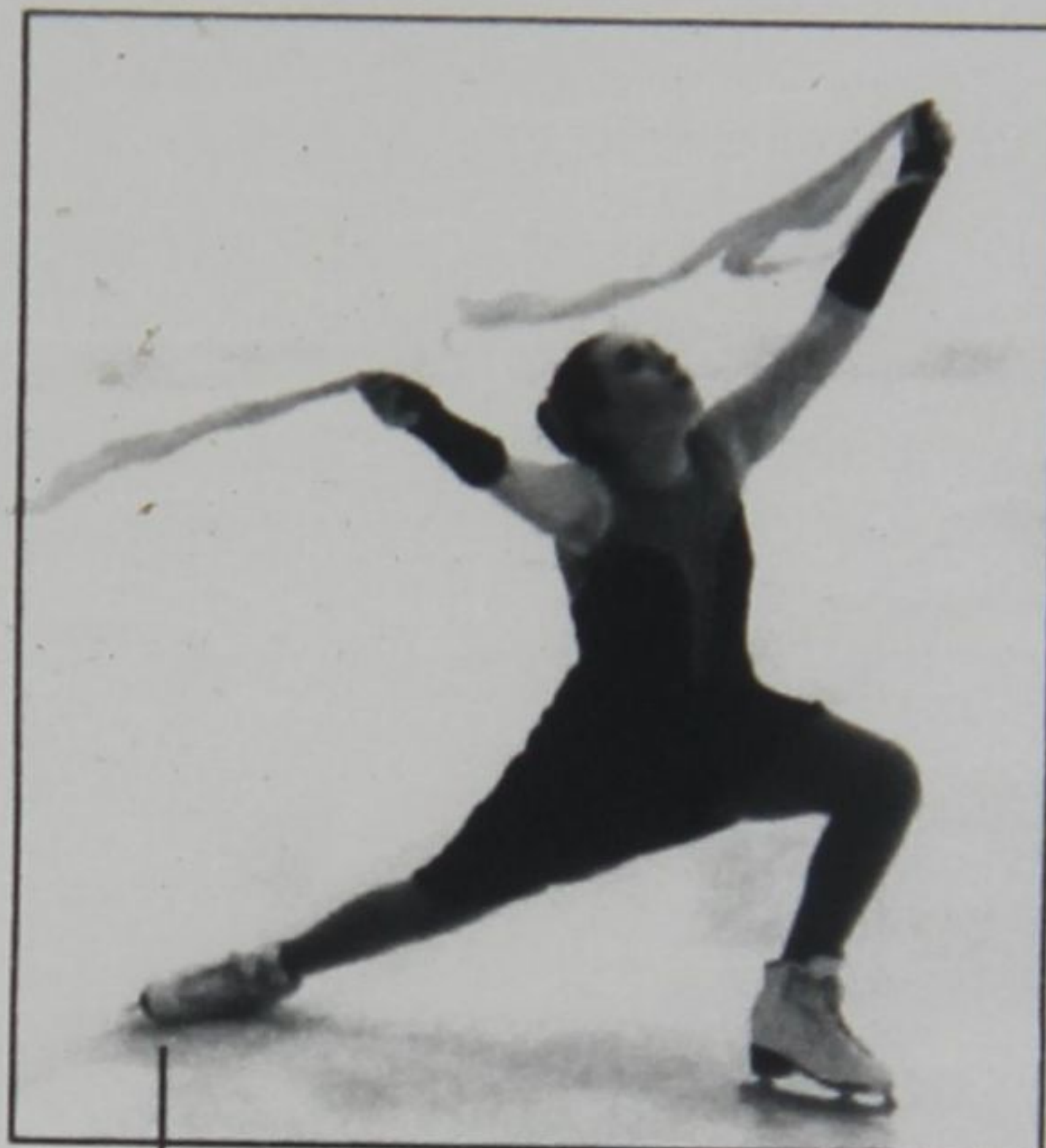
On test day a judge is responsible for evaluating skaters though a series of increasingly demanding tests. For most casual observers it is easy to recognize exceptional skating when one turns on televised coverage of figure skating competitions but it is difficult to determine why one skater is considered so much better than the others. It is equally difficult to understand what defines success and failure on test day.

As parents it is our job to put these setbacks, no

matter if they happen on the ice, in school or in other extracurricular activities, in perspective. If a hockey team loses a game there is a 'we will get them next time' attitude. A disappointing result on test day should be met with the same 'next time' attitude, perhaps with a reminder that any world class athlete has had their fair share of unsuccessful attempts in their 10,000 hour journey to success.

Information on programming offered by the Stouffville Skating Club is available at www.stouffvilleskate.com or by calling 905-642-8651.

Shelagh Damus is a freelance writer who loves the art of finding unique sequences for the 26 letters of the alphabet. She may be contacted at getaholdofshelagh@gmail.com.



Acquiring skating skills takes many hours of practice and perseverance. Julie Williams photo

Savile Row Comes To Stouffville

Even if you've never met him, it is not difficult to spot Sebastiano Deluca as he strolls down Main Street for lunch.

Impeccably turned out in a bespoke suit, coat and dashing hat, the Sicilian native, who recently set up shop on Freel Lane, has enjoyed a long and distinguished career as a master tailor and wardrobe consultant to such international stars as Oscar Peterson, Bill Cosby, Luciano Pavarotti and Lou Ferrigno, better known to many as The Incredible Hulk.

"At the age of 17 I moved from Sicily to Milano and worked in the best tailor's shop in Milano," he said. "In 1960 I came to Toronto." He worked his way up in the business, and by the time he retired in 2006 - temporarily as it turned out - he had created custom wardrobes for denizens of Bay Street, Wall Street and Palm Beach, among others.

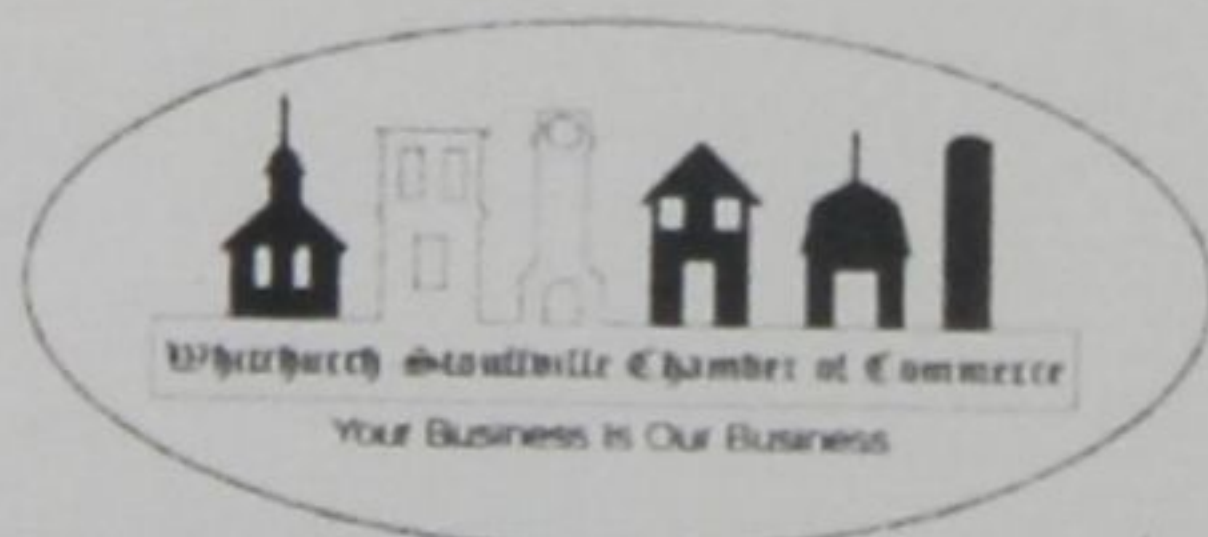
"Six years after I retired bored, so I decided to open downtown Stouffville," said 73-year-old owner of Sebastiano Tailor, whose services in bespoke suits for men and women made to measure shirts and and fur and leather coats.

"I have lived here for 10 years was impressed with the Town of Stouffville; people were so friendly and welcoming." And after a century of working in big cities he enjoys Stouffville's small town atmosphere, not to mention free parking.

He strongly believes meticulously crafted clothing can transform an individual's appearance and sense of confidence. For him, life is an adventure and work keeps him engaged and happy. "The world is beautiful and life is gorgeous and I love every minute," he said.



Sebastiano Deluca cuts a fine dash at his new Stouffville location.



International Women's Day Luncheon

Friday, 8th March, 2013

The Address will be delivered by:
Mrs. Ruth Ann Onley

Meadowbrook Golf Club,

11939 Warden Avenue, Gormley, ON, L0H 1G0

Reception: 12 Noon

Luncheon: 12:30 PM

RESERVATIONS:

THE WHITCHURCH-STOUFFVILLE
CHAMBER OF COMMERCE

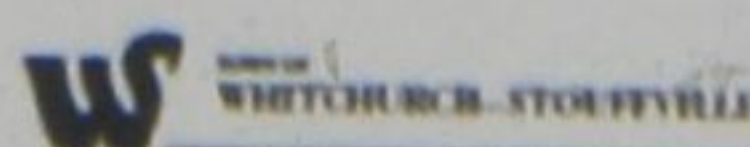
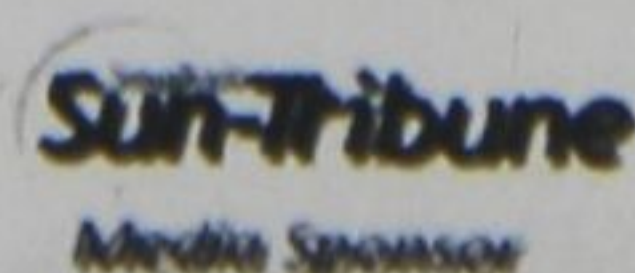
(905) 642-4227

\$40 Chamber Members | \$50 non-Members

In Support of:

The Women's Centre of York Region
Newmarket, Ontario

Evergreen Hospice
Markham, Ontario



FEDERAL BUDGET BREAKFAST

The morning after Finance Minister Flaherty delivers the federal budget the Whitchurch-Stouffville Chamber of Commerce will be holding a Budget Breakfast. Experts will be analyzing the implications of the budget measures both for the economy and for your personal financial situation.



DATE: The morning following the announcement of the Federal Budget
TIME: 7:30 a.m.

VENUE: Stouffville Creek Retirement Residence, 40 Freel Lane, Stouffville

Advance Reservations are a must - only those holding reservations will be seated

Members: \$20 Non-Members: \$30

Reserve your seat by calling
the Chamber office at (905) 642-4227

