



By Luke Anderson
Stouffville Free Press

From Where I'm Sitting

SPRINGTIME: THE 'KEY' TO HAPPINESS

There is a family that lives next door to me with a young daughter who plays piano. She practises diligently. Too diligently.

They moved in about a year ago and it took all of an hour or two to find out that the wall that separates my apartment from theirs is sorely lacking in the soundproofing department. I rarely heard a peep from the couple that previously lived next door, aside from some interesting sounds one particular evening. The good news is that the young musician has definitely improved over the last year. The bad news is that since her family moved in I've painfully been listening to the sound of someone learning to play the piano every morning and every evening.

We've all got our limits, our boundaries, our general tolerances for things. We've all got our own but-

tons that those who know us know how to push to get us going. And we've all got our unique way of dealing with those exceeded zones of comfort. In my able-bodied days my frustration-ridding technique was to throw on the running shoes and run it off.

These days a fly on the wall would likely get a chuckle at the sight of me going over the top. For mild over the topness I usually employ a type of Buddha-like meditative breathing strategy that I picked up from a therapist. For severe over the topness it's a strange combination of the therapist's teachings with a touch of physical exertion. The nice thing about my physical output is that if I were to connect with a soft spot in the drywall there just isn't enough power behind that elbow of mine to leave a mark. Besides, a hole in the wall would just make the sound of the piano even louder.

Feelings of frustration, irritability, annoyance and disturbance are interesting. They are feelings that we generally don't like to have, however without them we wouldn't be pushed to invent things or change things to enrich our lives, ultimately helping to make those feelings go away.

I'm sure Einstein tossed a couple of notebooks

while attempting to prove his theory of relativity. I wonder, however, how Einstein would tackle my problem with the piano player? Known as not being timid, and a person who would address matters frankly, he probably would have knocked on my neighbour's door and confronted the piano player face-to-face. I must say, Einstein and I differ in more than one way – namely facial hair and confronting beginner piano playing neighbours.

The long winter months have a way of toying with our patience, cooping us up inside and threatening the onset of cabin fever. Add that sweet sound of a beginner piano player to the mix and you'd likely wonder how I was able to restrain myself from driving right through the wall and over that blasted piano.

Thankfully, my toque has been retired to the top shelf of the closet for the warm months ahead along with the other standard tools of the Canadian cold weather trade. So instead of seeking refuge from the elements over at Club Luke after a long day at the office, it will be straight to that sunny spot in the park for a good dose of vitamin D and refuge from the piano player.

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Readers Write

The Tragic Choice no smooth operation

To the Editor:

What Stouffville lacks is a good public transit system. I noted on a recent visit during inclement weather, that what you good folks need in Stouffville is your very own TTC. I thought for those of you who have rarely, if ever, availed yourselves of the system, you might have an interest in sharing a few of my experiences.

For a start, TTC stands for "The Tragic Choice". The first thing to know is that the streetcar or subway carriage is heated through a friction system. Unfortunately this is derived from the movement of closely packed bodies, desperately trying, but failing, not to come into contact with each other. This is not helped by the "Sherpa Tensing" imitators, who are invariably young, i-Podded and carrying a year's supply of whatever, in what I am old enough to call a rucksack. Having the ubiquitous white earplugs avoids the need to respond to cries for help, such as, "Excuse me, but your bag is sticking into my recent operation". Add to this the need for some good citizens to transport the family pooch in these overcrowded environments and you start to get the picture.

Oh yes, one more thing, there is an inverse order at work here. Why is it that those who are getting off at the next stop are standing furthest away from the door? What follows is the communal pinball tournament, as "those at the back" become "those at the front". And all for just \$2.75. Great! John Lowe • Toronto

Editor's note: York Region Transit, with more seats than people and an independently generated heating system, clearly has a long way to go before it can aspire to provide the unique experiences enjoyed by transit riders in Toronto.

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JURIED EXHIBITION OPENS APRIL 14

By Kate Gilderdale
Stouffville Free Press

This year's Annual Juried Exhibition at the Latcham Gallery starts April 14 with an opening reception from 1 to 3 p.m. Everyone is welcome to attend.

Artists are invited to

submit up to two works in any medium, and those selected by a jury of three art professionals will be featured in the exhibition. The deadline for submissions is April 9. Every year, the gallery receives more

than 200 entries, including drawings, paintings and sculptures.

For information and entry forms call 905-640-8954, email info@latchamgallery.ca or visit www.latchamgallery.ca.

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EVERGREEN HOSPICE RAFFLE TO SUPPORT PALLIATIVE CARE

By Kate Gilderdale
Stouffville Free Press

Buy a ticket in a charity raffle for Evergreen Hospice and you could win a trip for two to sunny Jamaica.

The lucky winner will stay in a private, three bedroom villa at the Tryall Club n Montego Bay, which has been generously donated by Scott Smith of J.D. Smith. The prize includes airfare for two, plus meals and accommodation, and the tickets are just \$20

each. Proceeds from the raffle will benefit the hospice's palliative care and bereavement support programs for children, teens and adults living in Stouffville and Markham.

You can find out more about the Tryall Club at www.tryallclub.com. The prize winning ticket will be drawn at Evergreen's Spring Fashion Show at Angus Glen Golf Club on April 23.

To purchase a raffle ticket call Karen Warner at 905-642-5014.