



CPRI Brake Shop
Self-Disclosure Illustration

Howdy Neighbour! Greetings from Duncan in Unit 44!

As you are settling in, I wanted to take an opportunity to introduce myself to you and to offer you a warm welcome to the neighbourhood – as new Hymont Estaters ☺!!

I am writing for another reason as well. You may some time in the near future notice some odd mannerisms in me. For example, you may hear a high-pitched barking and be shocked to find that it isn't the new neighbour's dog – it's the new NEIGHBOUR!

I have a condition known as Tourette Syndrome (TS). TS causes involuntary tics and twitches, both motor and vocal, that occur intermittently and are produced in response to an involuntary urge (much the same as the way a person scratches a mosquito bite in response to an itching sensation). TS is not dangerous, nor can a person 'catch' it. The symptoms are not disabling – in fact I am a local Psychologist working with children and youth clinically. I am not embarrassed about my TS, but I have found that telling those around me about TS helps me to feel less self-conscious (stress only makes my tics worse!), and helps others feel more comfortable and less confused too. Finally, it helps to avoid any misunderstandings as to why I'm doing what I'm doing.

I would be happy to address whatever questions or concerns you may have -- in fact I have spent a considerable amount of time over the past 8 years acting as a national spokesperson for this disorder and so could give you additional information should you be interested in learning more. A good place to start might be my website (<http://www.lifesatwitch.com>).

One thing you should feel free to tell me is if my noises are carrying through the walls – I don't want to disrupt the enjoyment of your home (which is the reason why, even though I'm a drummer, I never drum on these premises).

So in closing, please feel free, but not obligated, to approach me. Remember: my barks (and yelps, and hoots, and....) are worse than my bites!!

Cheers,
Duncan

