

# ISLE OF WIGHT PC USER GROUP

## MONTHLY JOURNAL

Issue 124 - March 2002



New Secretary, Sylvia Farley with our new Chairman, Roger Skidmore

Our Annual General Meeting was well attended and the proceedings went smoothly and although Denny Linzmaier has stepped down as Chairman, we welcome Roger Skidmore, who will be endeavouring to emulate Denny's flair and enthusiasm as the leader of our Committee. Denny will continue to contribute to the IWPCUG as Marketing Manager and technical 'guru' and David Broughton will continue to be the valuable Vice Chairman, as he has been in the past. We do

welcome on board our new Secretary, Sylvia Farley, pictured above with Roger, and hope that our Club will benefit from her friendly and effervescent personality. Also we welcome Mike Bayliss to the Committee, as our website specialist and also Zica Caldeira Cabral, as our New Members Co-ordinator. From an indication of our first meeting of the New Committee on Feb. 13th, signs are encouraging and we look forward to the pooling of ideas and input in making IWPCUG a success for 2002.

In This Issue	
Future Meetings	2
Editorial	4
The E-group	6
Kernel 32	7
Memory Management	8-9
Club Library	10-11
DVD Burners	12
Prize Puzzle	14
Pop-Up Killer	15
Notice Board	16

## FUTURE MEETINGS

<b>6th March</b>	Corel Draw <b>(To be held in the Main Function Hall)</b>	Ian Capon
<b>20th March</b>	Building a Computer	Dennis Parkes
<b>3rd April</b>	Net Meetings & Instant Message Systems	Dennis Linzmaier
<b>17th April</b>	Spreadsheets	David Broughton
<b>1st May</b>	World Wide Disability E-Mail Groups/ Talk on Computability	Pat Davidson John Austin
<b>15th May</b>	File Organisation for Dummies	Dennis Linzmaier
<b>5th June</b>	External Speaker	To be arranged
<b>19th June</b>	Computer Graphics for Dummies	Bob Groom
<b>3rd July</b>	External Speaker	To be arranged
<b>17th July</b>	Website Creation & Uploading	Mike Bayliss and David Broughton



Our New Committee for 2002 pictured at the Riverside Centre

**ISLE OF WIGHT PC USER GROUP  
COMMITTEE MEMBERS****Honorary President:**

Sir Norman Echlin,

**Chairman:**

Roger Skidmore,

**Vice Chairman:**

David Broughton,

**Marketing Manager:**

Dennis Linzmaier,

**Treasurer:**

Bob Groom,

**Secretary:**

Sylvia Farley,

**Membership Secretary/Meetings Reception Assistant:**

John Atkin,

**Hot Key Editor:**

Brian Sexton,

**Committee Member:**

Cliff Maidment,

**Committee Member:**

Mike Bayliss,

**New Members Co-ordinator:**

Zica Caldeira

**Disability Resources Co-ordinator:**

Helen Edom,

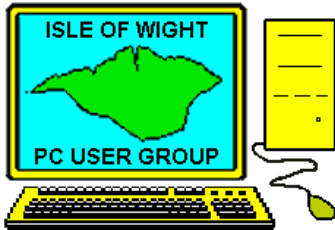


Please note that the Club's library of books is now in the hands of yours truly, as I have taken over the responsibility of Librarian from Bill Barker, who is in poor health and unable to continue with the job of monitoring the Club's lending of books to members. For a complete listing of the books available to members (for borrowing for 1 month), please see **page 10**. It is envisaged that our stock of books will be updated in due course and I would like to appeal to our members that if you have any fairly recent Computer Books that you think will be of interest to our members and would like to donate them to our library, please contact the Editor on \*\*\*\*\*@clara.net.

A piece of software that I have recently purchased is **Drive Image 5.0**, which is used for backing up an entire hard drive partition in a matter of minutes. For many people in IWPCUG, the idea of imaging their entire hard drive is daunting, but desirable when something goes disastrously wrong and one is unable to recover from a crash. If you have an image of your Windows drive, it means that you have a working system backup and are able to restore the image file. In order to prevent having to format your hard drive and then reinstalling Windows and all your software and drivers, **Drive Image 5.0** can save you much frustration and time, because **Drive Image** is able to restore around 100 to 200Mb a minute. Previously when using **Drive Image** or Norton's Ghost, all operations had to be done through a DOS interface, which required one to boot off a floppy and use complex DOS commands. Now it is possible to use a Windows interface to configure **Drive Image** and when ready, it will automatically restart your PC in DOS and perform all the operations for you. You can also schedule images for regular backups so that the image of your hard drive is always up-to-date. For further information on **Drive Image**, see:-

<http://www.powerquest.com>

Dennis Parkes has kindly informed me that he has some 21" monitors for £250. If you are interested in upgrading your existing monitor please contact Dennis on Tel. 61####.



### **The Isle of Wight PC User Group**

welcomes all owners and users of IBM Compatible Personal Computers.

It is a group which seeks to exchange ideas and seek new information.

Our meetings are informal **on the first and third Wednesdays of each month at The Riverside Centre, Newport, 7.30 - 9.30 pm.**

The first Wednesday has usually a formal talk whilst the third Wednesday is more informal, geared to the new user and aims to help out members with specific problems.

**Membership is £12 per year.**

**Visitors are welcome.**

This journal, "HOTKEY", is produced every month.

If you would like to know more about us, either come along to one of our meetings or contact one of our Committee Members on one of the numbers on page 3.

**Club's Website - <http://www.iwpcug.org/>**

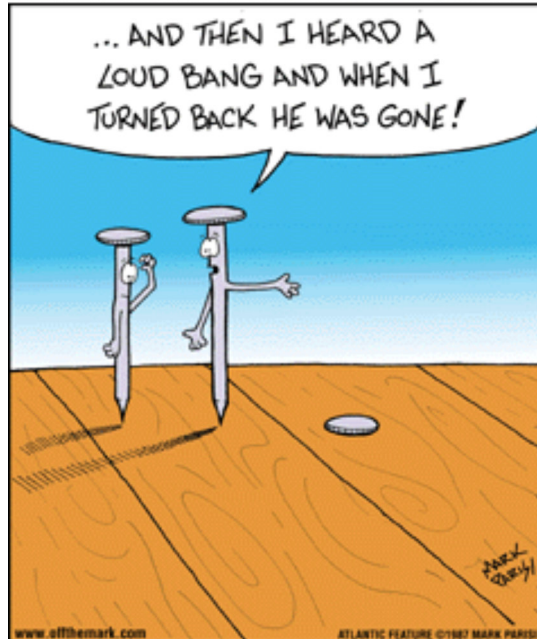
# H U M O U R

**off the mark** by Mark Parisi  
www.offthemark.com

5



**off the mark** by Mark Parisi  
www.offthemark.com



## Managing the New E-group Postings

by David Broughton



There are many members who have not yet joined up with the new e-mail list (e-group) system whereby club members can communicate and help one another with problems. It also provides a good forum for discussion on any matters relating to the club including fast breaking news and announcements. All members are recommended to "subscribe". It costs nothing! If you would like to subscribe, send an e-mail to [iwpcusers-subscribe@yahoo.com](mailto:iwpcusers-subscribe@yahoo.com). What happens then is that you will receive an e-mail asking you to confirm. Just hit "reply" and the next day (usually) you will get your confirmation e-mail.

One thing, however, that is often complained about, is the fact that, unlike newsgroups, the postings you get are e-mails and can get mixed up with all your other e-mails. But for users of Microsoft Outlook and Outlook Express, there is, built in, a system for managing your e-mails into subject areas using message rules. This article will lead you step by step through the process of diverting all your e-mails containing, in the subject line, "[iwpcusers]" into a folder with the name "iwpcug". It assumes you are using Outlook Express.

### **Follow this procedure to get your iwpcuser messages into your iwpcug folder:**

1. If you haven't already got a folder called iwpcug, click on File / Folder > New.. and choose a suitable folder name. I am assuming it is "iwpcug".
2. Click on Tools and select Message Rules.. Mail.
3. Click New.. from the right hand menu.
4. You should now get a window containing four boxes. In the first box, click the second choice which says "Where the subject line contains specific words".
5. In box 3 you will now see "contains specific words" underlined in blue. Click these words.
6. You will now have a box into which you can type the specific words which are "[iwpcusers]". Include the square brackets but not the quote marks. Click Add. Then OK.
7. Back at the previous window you should now see that these words have been placed in Box 3 so that it reads "Apply this rule after the message arrives Where the Subject line contains [iwpcusers]", the last two words being underlined in blue.
8. Back in Box 2, click the top choice that says "Move it to the specified folder". This will cause Box 3 to add that sentence with the word "specified" underlined in blue. Click this underlined word.
9. You will now have a list of folders to choose from. In your case, select "iwpcug", or the name you gave it at step 1 above.
10. The complete rule will now be seen in Box 3. One last step is to give this rule a name in Box 4 or accept the default name. Click Ok to see a list of all your rules. Then OK again and it is done.

## WHAT IS A KERNEL32 ERROR?

The KERNEL32.DLL file is a 32-bit dynamic link library file that is found in Windows 95/Windows 98, or Windows Millennium Edition (ME). The KERNEL32.DLL file handles memory management, input/output operations, and interrupts. When you start Windows, KERNEL32.DLL is loaded into a protected memory space so that other programs do not take over that memory space.

On occasion, you may receive an invalid page fault (IPF) error message. This error message occurs when a program tries to access the KERNEL32.DLL protected memory space. Occasionally, the error message is caused by one particular program, and other times the error message is provoked by multiple files and programs.

If the problem results from running one program, the program needs to be replaced. If the problem occurs when you access multiple files and programs, the damage is likely caused by damaged hardware.

The following conditions can cause KERNEL32.DLL error messages:

- Damaged swap file
- File allocation damage
- Damaged password list
- Damaged or incorrect version of the KERNEL32.DLL file
- Damaged registry
- Hardware, hot CPU, over clocking, broken power supply,
- BIOS settings for Wait states, RAM timing, or other BIOS settings
- Third-party software that is damaged or incorrectly installed
- .DLL files that are saved to the desktop
- Non-existent or broken Temp folder
- A control panel (.CPL) file is damaged
- Incorrect or damaged hardware driver
- Incorrectly installed printer drivers or HP Jetadmin drivers
- Damaged Java Machine
- Damaged .LOG files
- Damaged entries in the History folder
- Incompatible or damaged dynamic link library files
- Viruses
- Damaged or incorrect MSINFO32.EXE file
- Low disk space
- Other problems that depend on the Kernel file

Search the **Microsoft Knowledge Base** (<http://support.microsoft.com>) for articles on KERNEL32

*Our thanks to © 1999-2002 James A. Eshelman*

## Windows 98 & WinME Memory Management



Memory management in Windows 98 and Windows Millennium Edition (WinME) is dramatically improved over what existed in Windows 95. It is so much improved that, for nearly everyone, nearly all the time, the best recommendations on how best to optimise memory usage in Win98 is: Let Windows handle it.

The main purpose of this article is to explain a controversial experiment currently being recommended in some quarters regarding Win98 memory management. Before discussing it directly, a little bit of background explanation seems advisable, which may be worthwhile for its own sake.

### IMPROVEMENTS IN WIN98/ME VCACHE

Foremost among the improvements in Win98/ME memory management are the changes in VCache. Simply put, the VCache is used (among other functions) to store previously used code and data that Windows thinks might be needed again. If the code or data is just flushed from memory, but is then needed again, it has to be read anew from the hard drive when it is again needed. Reading from the hard drive is much slower than finding the code or data already in RAM. Some code is used quite often. If it has to be read from the hard drive over and over again, this would slow down performance considerably. The VCache concept is that, as long as there is unused RAM sitting about, we should just cache information in it that we might need again. (There is smart code that makes

decisions about what to keep, how long to keep it, etc.; this has all been taken into consideration and is not particularly important to the present discussion). Then, since this is only a “just in case” cache, if the RAM is needed for something else, part of the VCache contents are flushed and the RAM is made available.

One improvement in VCache management in Win98/ME over Win95 is that Win95 had a bug that kept VCache from releasing RAM when it was needed. VCache would just keep growing sometimes, and the amount of available RAM would diminish accordingly, forcing more swap file activity (using the hard drive as a substitute for RAM). This is the famous “memory leak” of Win95. The user’s solution in Win95 was to put **MinFileCache** and **MaxFileCache** lines in the [vcache] section of the SYSTEM.INI file to control the size of VCache. This was sometimes a great help (especially on the 12 MB, 16MB, and 32MB systems which were the vogue in Win95’s heyday). But, in Win98, this problem was fixed (with further improvements in Windows 98 Second Edition, that carried over into WinME), and these [vcache] lines are not needed. Not only are they not needed, they actually get in the way in Win98/ME. In Win95 they **improved** performance, but in Win98/ME they **decrease** performance, because of a second improvement that was made in memory management for Win98 — to be discussed in a moment.

### But first, **THREE EXCEPTIONS TO THE FOREGOING:**

**EXCEPTION No. 1:** For systems with **more than 128 MB of RAM**, setting a VCache maximum of about 70% of your total RAM is recommended as prophylaxis against run-away VCache growth in rare, specialized situations. (A tip of the hat to MS-MVPs Ron Martell, Ovidiu Popa, and Alex Nichol for months of experimentation and



documentation of these details and recommendations.)

**EXCEPTION No. 2:** VCache increasing above 512 MB can create serious memory handling problems. If you have **more than 512 MB of RAM**, a VCache maximum of 524,288 KB (or a little less) is recommended. This is obtained by adding a `MaxFileCache=x` entry in the `[vcache]` section of `SYSTEM.INI`, where `x` is the maximum value you wish to set. VCache is limited internally to a maximum cache size of 800 MB. The problem is that, on computers with large amounts of RAM, the maximum VCache size can be large enough that it consumes all of the available addresses in the system arena, leaving no virtual memory addresses available for other functions such as opening an MS-DOS prompt. This problem may occur more easily if you have an AGP video adapter: The AGP aperture is also mapped to addresses in the system arena, and if VCache is using its entire 800 MB allowance **and** an AGP video adapter has a 128 MB aperture mapped, there will be very little address space remaining for other system code and data that must occupy the available range of virtual addresses.

**EXCEPTION No. 3:** For systems with **more than 1 GB of RAM**, the defaults in Windows 98 or ME can cause continuous rebooting of the

computer, or to hangs or serial reboots during the Windows upgrade process. To resolve this problem, add a `MaxPhysPage=40000` entry in the `[386enh]` section of `SYSTEM.INI`. This effectively limits the amount of RAM Windows can access to 1 GB. (Microsoft limits this recommendation to systems having more than 1.5 GB of RAM, but the solution is to roll it back to 1 GB. See MSKB Q304943.) Microsoft has now flatly stated that, “Windows Me and Windows 98 are not designed to handle more than 1 GB or RAM. More than 1 GB can lead to potential system instability.”

The second improvement is that Windows can now execute code or access data directly from VCache. In Win95, this was not possible. If code was stored in VCache, it had to be passed to another part of RAM before it could be executed. This was still much faster than reading it again from the hard drive, but, nonetheless, took a small amount of time. In Win98/ME, it does not have to be moved to another part of RAM — it can be run directly from VCache itself. This saves a bit of time.

In Win95, anything stored in VCache was disposable (but the “memory leak”bug prevented the trash from being taken out when necessary). In Win98/ME, code in VCache may not be disposable — it could be “live code,” part of a program you are using at the time. This explains why VCache sometimes **seems** not to give up memory that is needed for other functions. If code or data were stored in VCache only for caching purposes, then it should be emptied out before the swap file is used; but in Win98/ME, VCache often will stay quite large, forcing the swap file to be used more. Is this another memory leak? No, it isn’t. It would be a memory leak if the contents of VCache were only stored, inactive code or data. But if the contents are code or data **currently being used** (as it commonly will be in Win98/ME), we have quite another story!

*Continued on page 13*

# CLUB LIBRARY

By Brian Sexton

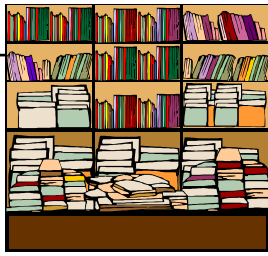


## IWPCUG Library Catalogue

### **Titles (Available to Members for 1month's loan)**

Build Your Own PC  
 The P.C. Support Handbook  
 Quark Express 4 For Dummies  
 Mastering Windows 95  
 Inside The PC  
 Complete Guide to Windows 95  
 Principles of Database Systems  
 Complete Guide to Windows 98  
 The Code Book  
 PC's For Dummies  
 PageMill For Windows  
 Photoshop in Easy Steps  
 Networking with Netware for Dummies  
 Teach Yourself C++  
 Windows Internet Tour Guide  
 RS-232 Made Easy  
 Microsoft Windows For Workgroups & MS -DOS  
 Understanding Local Area Networks  
 The Best of PC Independent User Group Managing Your  
 Hard Disk  
 Netscape & HTML  
 Java in a Nutshell  
 Corel Draw 5 For Dummies  
 Microsoft Windows 95 – Step by Step  
 Red Hat Linux 6 Fast & Easy  
 Partition Magic 3.0 User Guide & Software Partition  
 Magic 4.0 Upgrade User Guide & Software Boot Magic  
 User Guide For Windows 98  
 Partition Magic 6.0 Upgrade User Guide & Software

Continued on page 11



Beginners Guide to Home Computing  
 Guide to Lotus Organiser 2  
 Marketing & Information Technology  
 Advanced Computing Science  
 The Internet With Windows  
 Alpha Four – Version 2 – Relational Database  
 Mastering Coral Draw  
 Teach Yourself Visual Basic 4  
 Garden Designer 2 For Windows 95 - Software  
 Business @ The Speed of Thought by Bill Gates  
 Windows Me Bible  
 Using Excel 97  
 Idiots Guide to Netscape  
 Microsoft FrontPage Unleashed  
 Microsoft Outlook 2000 Bible  
 The Guardian Guide To The Internet  
 Microsoft Access 2000 At A Glance  
 Programming in Quick Basic  
 PC Plus Guide To Money Management & Quicken 3.09 For Windows A  
 Concise Introduction To WordPerfect  
 The Internet Bible  
 Getting Started Manual For Windows 98  
 Upgrading & Repairing PCs  
 Windows 95 For Dummies  
 Microsoft Works User Guide 2  
 Linux in 24 Hours  
 Mastering WordPerfect 5.1  
 Corel Linux For Dummies  
 Great Software for Kids and Parents  
 WordPerfect 6 For Dummies  
 Textbridge Pro Getting Started & User Guide Manuals & Software Mavis  
 Beacon Teaches Typing Version 8 User Guide & Software Teach Yourself  
 Visual Café 2 in 21 Days (84 pages) plus Software Running Linux 3<sup>rd</sup>  
 Edition (730 pages)  
 Peter Norton's Guide To Upgrading & Repairing PCs  
 Word 97 For Windows For Dummies  
 Scanning The Professional Way  
 Serif Page Plus 5.0 User Guide & Software



## **The DVD RECORDERS –are Finally HERE!**

The low cost DVD Burners are just now hitting the market from HP, Ricoh, Pioneer and Panasonic –at about £500!

Until very recently, only Pioneer and a few other companies, were selling Professional burners at prices up to £7,000. Very, very far beyond the normal (if there is such a person) computer user.

This year – NOW – there are TWO FLAVORS of burners hitting the market. They are DVD+RW and DVD-RW. Sort of Plus and Minus or Plus and Dash. These are two camps, one manufactured by Philips of the Netherlands, and the other by Pioneer and Panasonic in Japan. Both systems will be marvellous for capturing, storing, playing, backing up, transferring and sending HUGE amounts of digital information – of ALL KINDS, from one end of the earth (for starters) to the other.

Though they will be using different media, their price points for hardware and media are quite close and the ability to use their output on “normal” DVD and CDR players seems to be assured.

This is very much like the VHS vs. Beta battle in the Video Recorder world a decade or so ago. VHS won, even though its quality was somewhat worse than Beta. But market pressures wrote the end of the story for Beta. In this NEW clash of Titans, we have Philips, Sony, HP, Ricoh, Thompson/RCA, Yamaha, Del and others in the DVD+RW camp. And in the DVD-RW group, you have Pioneer, Panasonic/ Matsushita, Mitsubishi, Daewoo, Fuji, Fujitsu, Hitachi, Kenwood, Kodak Japan, Konica, Sharp, Sanyo, Samsung and more betting on THEIR champion technology. This is shaping up to be a Battle of the GIANTS where we consumers will gain by the competition and at the same time, lose, because it will take a while to know WHICH of these behemoths will become THE DVD Burner STANDARD. But whichever group is finally declared the winner – cheap massive digital/optical storage will be assured.

*Our thanks to the NOCCC Computer Club for this information*



Continued from page 9



## WHY IS THE SWAP FILE SO LARGE?

For most people, in most situations, the best advice regarding the Win98 or WinME swap file is: Let Windows handle it. There are dozens of recommendations on ways to optimise it just a bit (some of which I use, and perpetuate, myself), but these are so system-dependent that it would take a huge article to explain all the ifs, ands, and buts of one approach over another in a particular situation. These discussions occur quite regularly online, on peer-support and general discussion newsgroups, so it is not hard to find opinions.

I will indulge myself by giving one, which I regard as the least controversial and most helpful: The single best swap file arrangement is to have two physical hard drives, and to place the swap file — and nothing else! — on the first partition of the second physical drive. Be sure the partition is generously sized. Nonetheless, and to simplify the matter for the present, there is rarely any **need** for someone to worry about this in order to have a happily purring Win98/ME system. The general rule prevails: Let Windows handle it.

A common confusion and concern is that, even with a great amount of RAM on the computer, Windows creates a swap file, and the swap file sometimes grows quite large.

To respond to the first point: Windows will **always** create a swap file — that's just the way it works. Also, some applications require swap file use even if Windows might not use it otherwise. Just expect this to be the case. Of more concern is that the swap file may seem to be much larger than is really needed.

## THE ADVANTAGES OF MORE RAM

People often complain that they have added a lot of RAM to their computer, but very little of it is free. If Windows has anything at all it can do with the RAM, then **free RAM is wasted RAM**. Windows will try to make use of all of the RAM it can, for one good purpose or another. This benefits the user. Having unused RAM rarely benefits the user. In fact, the advantages of more RAM on a computer boil down to two:

Reducing swap file use. Enabling a larger VCache.

A large VCache is not a bad thing. Generally, it is a good thing (presuming Windows has a use for it at the moment). Bottom line: **Let Windows handle it**.

**NOTE:** In Win95/98, if you have **more than 1 GB of RAM**, Windows may not start. A solution for this problem is given in the Microsoft Knowledge Base article "Error Message: Insufficient Memory to Initialise Windows." at:-

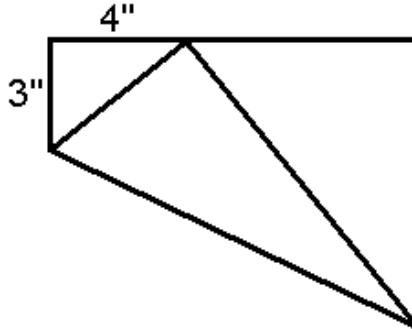
<http://support.microsoft.com/support/kb/articles>

The gist of Microsoft's work-around is to artificially limit the amount of RAM to 768 MB. This may, however, be too stringent a restriction — a value only a little below 1 GB may solve the problem with less constraint on your RAM. A little experimentation will resolve this for you.

*Our thanks to © 1999-2002 James A. Eshelman*



**PRIZE PUZZLE CORNER**  
**MARCH 2002**  
by David Broughton



I have a rectangular piece of paper that I have folded as in the diagram above (not to scale). The top left triangle has dimensions of 3" and 4" as shown. What is the area of the rectangular sheet of paper?

Please send your answer to me, David Broughton (see page 3) to arrive by 3rd April 2002 and you will be entered in the draw for a £5 book token.

**Solution to the January Puzzle.**

3	8	11	7	17	15
10	1	14	16	11	9
10	8	11	10	11	11
9	10	13	14	6	9
12	19	7	8	10	5
17	15	5	6	6	12

This solution was submitted by Rosemary West and Clem Robertson. As Clem had been a frequent winner in the past, he opted out of the prize draw. Rosemary West has also been a successful solver of my puzzles but she was not present to object! So the prize of a £5 book token goes to Rosemary. Well done both of you. And thanks to Clem for the excellent graphic of the answer reproduced above.



The Log Tab. The tab will let you see what was closed, when Logname killed it, and what entry on the blacklist is for it. To Exclude the item you highlight it and right click and choose exclude.

popup ad with 10 different page names, but they all come from the same URL (address). The URL will also give you a better option to use a wildcard. The page name will give you a quicker kill because it loads first, but it's blank. If it does reappear it's fine to have both added to the Blacklist.

Your Enemy is the **Popop**. You must know something about it. It lives in a frame. It's a small window. It has a name, the "**Page Name**", like "Sign up Today" ( upper left corner in frame ). There are two types of Frames. Internal that come from the Page and external that load as a separate item. An internal frame does not show up in the **Detected Popop Box** The **URL** does. These frames have a Title like Save now, and Shop Smarter, Etc. It comes from a "**URL**" like:- "**http://www.ett.com/ad/popup/.htm**".

With **PUK** you have two choices on how to kill it. We can take away it's home, the "page name", or go after the "URL" (address) where it comes from. Either will kill it. In the "**Detected Popups Box**" you are given the option of killing it by either. The URL is best ( my opinion ). I see the same

**Ad's** That come off of your hard drive **PUK** cannot see, it will not kill them. They come from inside of your browser. You agree to these **Ad's** when you accept the service. AOL, Juno, Weather Bug, Gator and many others have them. It's called **adware**. The ad is their payback for what you got from them. Most will not function correctly if you try to interrupt their display (most are spying on you also).

This is a quick overview in simple terms to tell you what you are dealing with. Popups change everyday, how they are employed and their form. Know your enemy is the best defence against them.

To obtain a free copy of this utility go to:-

<http://software.xfx.net/utilities/popupkiller/>



Our New Members Co-ordinator, Zica Caldeira Cabral pictured with John Atkin

# MEMBERS NOTICE BOARD



## NOTICE

**Ken Cameron**, our auditor, has informed us that one of our members, namely **Norman Cureton**, has recently died and our condolences and sympathy go to his family on this sad occasion.

### FOR SALE

## PSION SERIES 5 HANDHELD COMPUTER

8MB HARD DRIVE

COMPLETE WITH HANDBOOK, LEATHER CASE  
AND AC/DC MAINS ADAPTOR.

ALSO,

“PSIWIN FOR WINDOWS” AND DATA CORD TO CONNECT THE PSION  
TO YOUR PC.

£75

Call Noel Stimson on #####  
or email:  
Noel\_Stimson@\*\*\*\*\*.com

Hot Key is published on the first Wednesday of every month. This edition was compiled using Microsoft Publisher 2000 and reproduced on an Epson Stylus 880 Colour ink jet printer and a Brother HL-1250 laser printer.

The views and opinions expressed here are those of the contributors alone. No responsibility can be accepted with respect to advice or suggestions made in this journal.