

LITTLE BLUE NUMBER 24

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This fanzine acknowledges the members of the Kulin Nation as the Traditional Owners of the land on which it is produced in Hawthorn, Victoria, and pays respect to their Elders, past, present and emerging.

GOINGS ON IN THE GROVE

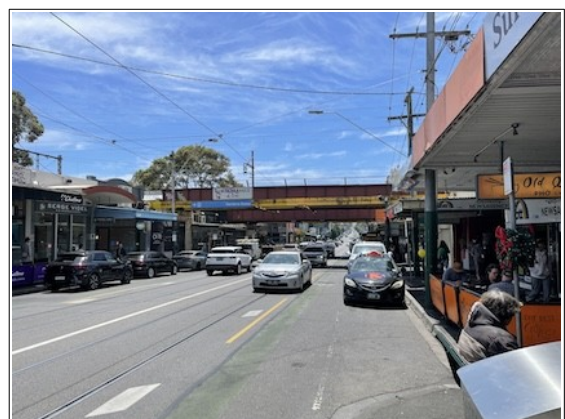
Well, not quite the Grove, but I have mentioned a few times, most recently in **Perryscope 48**, that I live near a retail area on Glenferrie Road in Hawthorn that closely resembles a village main shopping street. It's full of everything I want from such an area, though it is in an almost constant state of change. Shops shut down, others open, some stay empty for quite some time. The usual stuff.

But how has it changed over a longer timeframe?

I stumbled across the photo on the left below on the State Library of Victoria website after someone had uploaded it to a Hawthorn community group I'm a member of on FaceBook. It shows Glenferrie Road looking north near the railway tracks. There is no elevated railway line nor any tram tracks so the general consensus was that this was taken at some time between 1910 and 1913.

The photo on the right was taken by me recently. I did try to get into about the same spot but the thought of dodging the traffic, even if it was only at 40kph, was a bit too daunting. You can now see the tram lines of the number 16 route, which runs from the top of Glenferrie Road (middle picture on left) at the intersection of Glenferrie and Cotham Roads, down through Malvern and St Kilda and back into the city via St Kilda Road and Swanston Street, terminating at Melbourne University.

I have never taken it all the way through and maybe I should at some time. I can say that I would not have wanted to catch it as a regular commute from Kew/Hawthorn to Melbourne Uni. By my count there appears to be about 77 stops on the route. At even 2 minutes/stop that's 2 and a half hours from one end to the other. Way, way too long. It would be a nice tourist trip though.



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HEALTH MATTERS

Like a lot of us, I suspect, I take a number of pills each day, some prescribed and some taken by me as a preventative. But why?

Here's a list of my daily intake to hopefully provide some sort of an explanation:

Vitamin C 1000mg– mostly as a preventative measure against gout. The prevailing thought is that Vitamin C acts as an anti-oxidant which helps to keep down my uric acid levels in the blood. It also helps with the immune system and, I suspect, a whole lot of other things. And it's water soluble so it doesn't build up in the body.

Vitamin D3 – 1000IU (25 micrograms): immune system booster, plus many other things. For years doctors and other medicos have been telling us to cover up which has meant that a lot of older people, like me, resist going out into the high-UV part of the day in order to avoid skin cancers and so we don't get enough of the good old Vitamin D. Yes, it is better for me to be outside and get it naturally. I'm happy taking this and the limited exposure I currently get.

Berberine – I've been taking this for a couple of months in an attempt to lower my blood glucose levels. My doctor had been telling me that I was heading into the pre-diabetic range and I needed to do something about it. My applicable level dropped from 6.9 to 6.1 last time. Still not out of the woods here but heading in the right direction. Did the Berberine help? Who knows? Maybe. I've also reduced my alcohol intake so that might help as well.

Calcium and Magnesium – some commentators will tell you that taking magnesium as a means of reducing cramping is a waste of time. My anecdotal evidence says otherwise. Since taking these tablets my cramping incidence has reduced dramatically. Could it be for another reason? Yeah, maybe, but given it takes a few months to get the levels up to where you need them I have no intention of stopping these to find out. I don't see these as doing me any harm and a bit more calcium to help bone density is a good thing.

Fish oil – more Omega-3, which is supposedly good for the reduction of blood clotting, so less risk of stroke or DVT.

Tumeric – See Berberine above, re timing and blood glucose levels. This also acts as a natural anti-inflammatory which keeps me off taking the prescribed tablets, and that can't be a bad thing.

Atorvastatin – prescribed to lower cholesterol. I seem to be at about the right levels for good and bad cholesterol, though the doctor would like the good levels to be higher; what else is new?. This is a genetic problem in my family: both my mother's father and my father's father died of heart attacks before the age of 60; my father had high cholesterol and so does my brother, and they are or were both smaller than me.

Valsartan/hydrochlorothiazide – prescribed to lower blood pressure. Again both father and brother have or had this problem. This seems to be sitting much better now as the doctor said last time that my BP was the best I'd recorded in six years.

So, in all, I take 10 tablets each day. It's actually a lot easier to remember to take 10 than it is to take one or two. And they all sit there waiting next to the coffee machine. I can't avoid them in the morning.

I have toyed with taking other vitamins and supplements from time to time and that may come about at some time in the future. I'm certainly not ruling it out. It all depends on how my health progresses over the years ahead and if I feel that a little extra medicinal help is needed along the way.

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Comments on Mailing 341

And the winner is... – Gary Mason

And heartily congratulations from me to Dr. Edmonds on being elected President. Good choice. ●

All Electric ANZAPazine 3 – Derrick Ashby

I started to read your thoughts on the new Noteplan app you were looking at and I thought “yes, this sounds interesting”. Interesting, until I realised that you were aiming to use it for a daily Task List, with Time Blocks, and diagrams, and little arrows and writing on the back, and.. Too much Derrick, just too much. I don’t have any trouble with making a to-do list, I do it all the time. I just do mine on paper so I can scratch things out when they are done and throw it away when I can’t stand looking at it anymore. Noteplan sounds too organised, too naggy. And I’m guessing you have to pay for it? Nah, not for me. ●

I sympathise with you regarding your back problems. After spending about 40 years sitting at a desk during my working career I have a couple of “weak” spots in my back that can cause me trouble if I sit for too long and don’t get up and walk around a bit. This has happened a couple of times since I got back from Scotland in September and I’ve suffered as a result, being barely able to move for about a week on one occasion. I do have a tendency to get absorbed in something I’m doing and find myself sitting in the one place for hour after hour. Must do better. ●

I see, at the end of your contribution that you have given up on Noteplan due to it being too complicated. I feel better now. ●

Quoz 97

Mark Plummer

Nice to see the banner from the fan bar in Glasgow again. I seemed to spend most evenings in there at some time or other. ●

Speaking of Glasgow and COVID I didn’t mask much when I was there taking the chance that as I was spending most of my time in large, open areas of the convention, that I was sanitising my hands often and having had umpty vaccinations (6 is it?) that I would be okay. Yeah, probably not the best, or safest, course of action but I survived and didn’t catch so much as a minor cold the whole time I was away. Maybe it’s my clean lifestyle (cough!).

Brisbane in ‘28’s already announced policy of making masking mandatory is, to be it mildly, premature and poorly thought through. I believe I know why they have done it and it sounds like they are trying to cater for a small possibility that may have no relevance in four years’ time. Who knows what will be happening in the world then?

I have tried to explain to the organising committee that the “bidding phase” of a worldcon is vastly different to the “planning and organisation” phase and that it is not a good idea to make pronouncements during bidding that bind the organising committee to a specific action that they



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may find undesirable or unenforceable. My suggestion fell on deaf ears, or, at least, it was not responded to. ●

Regarding the sorting of fanzines at Monash University: Robert Lichtman, I suspect, was talking in purely non-digital terms, wanting to be able to see all fanzines, from Mark Plummer say, all together rather than split all over the alphabet. Which is probably a good idea if they are all up on a shelf where you can pick and chose. These days it's all going to be digitised with data items including title, date, issue number and editor name to allow sorting any way you want. Finding the titles on these fanzines is relatively simple. You'd be amazed at the number of items where we had to hunt all the way through the issue to find either a date or a name we could recognise. It appears that some faneds liked to provide the issue information on the mailing label and nowhere else. With that now gone it's a bit hard to work out who did what. So title it is.

I think the publicity people were amazed at what we were doing firstly, and then were somewhat boggled to think about the amount of work it took to actually print, collate, staple and then post an issue of a fanzine back in the day. Even I wonder about that some times. ●

And thanks again for the invite to the Indian restaurant. A very good evening indeed. ●

Claire Brialey

ReYCToMe regarding the Lunch project: The \$20 is an all-up cost. Mostly I'd prefer water though I'm finding some of the smaller places don't make the free water at all obvious.

There are a LOT of places where it is possible to have lunch in Glenferrie Road. My current estimate is about 70-80. I'm not even halfway through and I'm approaching 30, though I suspect there are more on the eastern side of the road rather than the western. How does this compare to other streets? I really have no idea. I think it compares very well. Not as many as Brunswick Street in Fitzroy, though that is known as a particular foodie destination. For what might normally be described as a typical suburban shopping strip it's pretty good. The major reason would be that Swinburne University is right next door, and there are a lot of private (ie non-Government) schools (say 5) in the area as well. Add in a couple of offices and there are a lot of people out and about looking for food at lunch-time. The locals tend to come out in the evenings.

A coffee comparison project has appeal. Though I really should stay away from anything sweet or pastry-like, as I have to keep the weight and the blood-sugar levels under control. Still, once a week might be okay. Something to ponder. ●

The Australia in '25 Worldcon bid started with Perth as the venue, I think. This then moved to Brisbane when the Perth person gave up on the idea. The 2025 option was moved out to 2028 sometime after this. ●

ANZAPA Time Again – Leigh Edmonds

Wittenoom? Home of blue asbestos and subject of Midnight Oil's great song "Blue Sky Mine". I note, from the Wikipedia article about the town, that the contaminated area is listed as being 50,000 hectares (120,000 acres). I wonder how long it will be listed as contaminated? No mention in the wiki article that I could see. The mining company should clean it up but then again I suspect that company is now defunct. ●

Rhubarb 107

John Fox

Ah, John, you are a braver man than me to undertake a TAFE course, but it looks interesting and I wish you well. I also look forward to the outcomes of your "homework". Actually this sounds like

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an excellent way to fill an ANZAPazine. ●

Diane Fox

Another one fallen foul of the dreaded gout. You will find a lot of people giving you advice on what to do and not do. The only thing I'd say is that attacks are usually triggered by excess of some food or other a few days beforehand. I know I'm triggered by certain types of tomatoes for example. The only thing to do is to make a note of what you think it might be and then avoid it. I also take 1000Mg Vitamin C per day. This acts as an anti-oxidant and while it doesn't necessarily stop every attack I'm sure, for me, it helps. It may or may not work for you, though it's worth checking out. It's easily obtained and helps in many other ways as well.

The idea that excess red-wine or port causes an attack is a myth. Yes, it probably does happen with some people but not all. My wife has a non-alcohol drinking cousin, whose is slim and female, and gets it. It happens to a lot of us. Good luck. ●

Little Passport 2 – Chris Garcia

Is the giant statue of Marilyn Monroe a permanent fixture in Palm Springs? There was an exhibition relating to her at the Bendigo Art Gallery here in Victoria back in 2016 and the Art Gallery installed just such a statue of the woman in the main street of Bendigo, by way of publicity. It seemed to work. Here is a picture my wife took; which I notice is rather different from yours. ●

Another mention of gout! Though it is good to hear that yours is improving. ●

***brg* 137 – Bruce Gillespie**

ReYcto Derrick about running conventions: The expressions of “ingratitude” after the first Aussiecon were rather laughable at times. So I basically chose to ignore them. Well, the ones like complaining about the size of the soap blocks in the con hotel, anyway. Some complaints had merit and those you need to be able to differentiate from the rest. Otherwise if you take it all to heart you'll go mad. That may have bene the final outcome in any event.

It is always the case that the people who complain the most about any event, be it an sf convention, drinks or a restaurant meal, are those who never organise anything. Once you realise that they are easy enough to ignore. ●

Re Paul Stevens: the word from Dr Edmonds is that he is now living in Adelaide. Leigh has spoken to him in the not-too-distant past for his fannish history I believe. ●

ReYcto Eric about Software: I use the open-source LibreOffice package on a daily basis and that's a once-only download and then updates as they become available. There isn't any need to have an internet connection to get it to work. My only other interface with it is the monthly donation I make to the controlling foundation. ●

Bandersnatch – David Grigg

ReYcto Leigh regarding the Foyster material: The good news is that we may have tracked down the Foyster letters. The bad news is that I'm still waiting on a reply to my query. But I have a connection that I may need to utilise soon if no reply is received. ●



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Frank's Ode — A Sonnet to Earnest — Jack Herman

I note your recent trip to Melbourne with a stop in Camberwell, only one or two kilometres further east than my current abode. I know of Chargrill Charlie but have never eaten there. Might give a shot at some time. My trouble is that I have so many good places within walking distance to chose from that a drive up to Camberwell seems just a little too far. I am spoiled, yes. I am aware of that.

•

Gaston J. Feeblehare 38 — Kim Huett

Re Aussiecon paperwork: I don't believe I have very much left. The 2010 Worldcon was mostly conducted via email so that may well have been lost on the ether as well. •

Sketchy 27 — Christina Lake

We did pass each other a few times at the Glasgow Worldcon though it seems like a life-time ago now. •

I have spent a small amount of time in Milan; probably only one to two days as I recall. This was on our honeymoon as we moved from Tuscany through to France. My main reason for dropping in there was to see da Vinci's *Last Supper*. Unfortunately for us it was closed for renovations at the time. So why didn't we check first, you may ask. Well, this was 1990, pre-internet, and there was no way of knowing what was open or not until you actually got there. How different the current world is?

We didn't get to northern Italy and the lakes, unfortunately. I doubt we will be able to now. Thanks for the pictures and notes. •

MOZ 46 — Murray Moore

"APA: *shared obsession that turns into a discussion*". Did I actually say that? Sounds almost profound. Nah, can't have been me. •

And later: "*He looks and sounds like Perry, if Perry was more _um_ robust.*" With robust meaning: "strong and healthy; vigorous" I can see the point you are trying to make. In defence I note that I entered my 70th year just recently, and, while I may be a little too rotund for my liking, I am in rather decent health. Just gotta keep taking the tablets. •

Mathom Vol 4 No 4 — Mark Nelson

Your recounting of your approach to reading Powell's novel sequence, *A Dance to the Music of Time* (good title by the way), is an obsessiveness to which I can truly relate. It has been on my radar for a while but haven't gotten round to it yet. I have read, sometime in the long-distant past, a few novels in the C. P. Snow novel sequence, and I think I may well have the same two-volume set that you describe. It sits, forlornly, on the bookshelf waiting for some reading live from me. It may sit for some time I suspect. •

Manga is not a form of literature that I've had much contact with though I am noticing more and more film/tv originating from there; **Midnight Diner** being one prime example. I liked that a lot. Do I feel I have time to explore this genre of graphic novel? Probably not. Though I should try to see if the local library has any of interest. •

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Another Bight – Marc Ortlieb

I do feel kinda guilty about not getting up for the FANAC Zoom sessions that I'm not involved with, but, 4am? Luckily Edie does schedule the Australian-based sessions for 10am our time. Edie has indicated a preference for one Australian Fanhistory Zoom session a year which sounds about right to me. The aim will be to interview a lot of the older pharts before they drop off the twig. I'm happy to be doing the interviewer and acting as host so long as Dr Edmonds supplies the background and questions. Seems to work. ●

Debussy 33 – Bob and Margaret Riep

ReYcto OBO: Thanks for the thoughts Margaret and also for your permission to scan and upload your material. When we get to that point I'll probably write and ask you about this separately. Please excuse this approach but it seems to be the best for the FANAC people. ●

Is This Leicester? 16 – Nigel Rowe

Thankfully my responsibilities regarding clearing up after elderly relatives is now over. I'm also thankful that I didn't have to do the work internationally. Driving to Bendigo every second weekend or so was quite enough. Good luck with all of that. ●

Antipodean Bestiary 11 – Alison Scott

Congratulations on the Hugo Award, well deserved. ●

Ytterbium 154 – Alan Stewart

Congratulations on the redundancy, I hope. From what I have seen it appears that you have kept yourself very busy since the "tap on the shoulder" day, and I certainly appreciate the work you've been doing for FANAC. Sure helps take the pressure off me. The number of Australian fanzines we are getting scanned is looking very impressive. ●

Sorry to see you dropping out of ANZPA after so long. ●

Les Chattes Parties 195 – Sally Yeoland

Thanks for your thoughts about the various material I'm producing. I've been thinking about ways to make this apazine differentiate itself from my other material, in ways other than mailing comments, and I believe I should start working my way around the neighbourhood, taking photos and writing up various points of interest. There are always odd little parks, gardens or architectural peculiarities in any suburb of a certain age.

The restaurant reviews will keep coming if for not other reason that it helps to justify my desire to get out of the house a bit more and see what is available in the nearby streets. My wife Robyn suggested to me some time ago that when I finish with Glenferrie Road I should then move to the eating places in Auburn Road shops, or even Kew. I'm not sure she has yet figured out that I'll be doing this for another year or two yet. ●

And that's it for mailing 341: thanks to everyone else for their contributions. Read and enjoyed but no comments. ■