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*Publication will take place at the discretion of the Board.*

◆ **Accommodations in Prague for the Intersteno Congress - 21/27 July 2007.** ◆



The President of the Organising Committee, Mr. Jaroslav Polacek, sends us information about the very special prices for accommodation in Prague during the next Congress.

The costs are especially cheap for students who are accommodated at the University Hostel. These special prices are intended only **for students (who must bring ISIC card) and their teachers** (who pay a bit more), and include breakfast. The students will only pay **300 CZK per night (about 11 €)** each for accommodation in a double room.

<b>Hotel</b>	<b>Single Room</b>	<b>Double Room</b>
<b>Univerzitní Hostel *</b>	800	1.200
<b>Univerzitní Hostel **</b>	1.000	1.400
<b>Hotel Pyramide ****</b>	3.000	3.300
<b>Pensione JAS ***</b>	1.800	2.300
<b>Hotel Crystal ***</b>	1.600	2.000

Prices are shown in Czech Republic crowns (CZK). Crown value is now 0,035 Euro. You can see updated [conversion rates by clicking here](#).

Additional information about registration and competitions fees will be released on [www.intersteno.org](http://www.intersteno.org).

◆ **Working group on the revision of the Constitution.** ◆

During the congress of 2005 in Vienna proposals to amend the Constitution of Intersteno as adopted in 2003 in Rome were made by the National Groups of Germany, Italy and the Czech Republic. A Working Group was formed to study these proposals and give advice to the members of the Central Committee. Members of the Working Group were Fausto Ramondelli, Boris Neubauer, Jaroslav Polacek, Jari Niittuinperä, Linda Drake and Cees van Beurden (coordinator).

In January 2006 the coordinator sent a discussion document about this subject to the members of the Working Group and the members of the Board. The first discussion took place during the Board meeting in Jülich held from February 10 - 13, 2006. Except for two (Jari Niittuinperä and Linda Drake) the members of the Working Group attended this meeting. Then an exhaustive discussion followed by e-mail. The coordinator drew up a second document in which he incorporated the results of the discussion in Jülich and the comments given after that meeting. In the event of disagreement between the members of the Working Group he chose a solution that serves the purposes of the Federation in the best possible way. Moreover, he deleted some rules that can be incorporated in the Bylaws. Although two members of the Working Group had doubts about the proposed new term of office of the Board members (two years instead of four) the Working Group was of the opinion that the second document could be sent by the secretary-treasurer as the final proposal of the Working Group to the members of the Central Committee.

Several days before the meeting of the Central Committee in Antalya the coordinator received further

proposals from Finland, Italy and the Czech Republic. To enable these proposals to be discussed properly during the meeting of the Central Committee a second Working Group was formed, consisting of Fausto Ramondelli, Boris Neubauer, Jaroslav Polacek, Jari Niittuiperä and Cees van Beurden. They found solutions for all the remaining problems. During the fifth session of the Central Committee in Antalya Cees van Beurden presented these solutions. The Central Committee voted unanimously in favour of the amended final proposal of the Working Group.

The most important changes in the Constitution - to be adopted by the General Assembly of 2007 in Prague - are:

\* The Board will be enlarged to seven members.

\* The name "the Central Committee" will be changed to "the Council".

\* All nominations of candidates will be by secret ballot.

\* The term of office of the members of the Board, the Jury and the Scientific Committee will be two years. Outgoing officers are eligible for re-election.

\* In the meetings of the Central Committee (the Council) the Board will have only one vote.

\* The Scientific Committee will be enlarged.

\* IPRS will act under direct responsibility of the Board.

\* There will be a professional jury, consisting of a jury president and a number of members, who are the competition managers, and are assisted by a permanent task force and during the competitions by "assistants".

\* The possibility of organizing congresses outside Europe and the possibility of holding a congress without international contests, and international contests apart from a congress will be better regulated.

#### ❖ **Congress 2009 will be hosted by the Chinese Group in Peking** ❖

During the meeting of the Council of Intersteno in Antalya (Turkey), the Chinese Group sought the opportunity to host the 2009 Congress in Peking.

The Council voted unanimously on this proposal and the Chinese friends will soon send a detailed proposal about their plans to make this Congress a very successful one. They have already booked a big hall in Peking for the inaugural meeting. This hall can host up to 10.000 participants, as they expect attendees from their country and all over the world.

It is to be remembered that it will be the second time that Intersteno meets outside Europe. The first was in Chicago in 1893..

#### ❖ **50th Anniversary of the Dutch national Group** ❖

On Saturday October 7 the Dutch National Group of Intersteno celebrated its 50th anniversary.

The Group was founded on June 30 1956 and was called Intersteno Group Netherlands. When the Group began to organize the 41st Intersteno Congress in 1995 in Amsterdam, on the proposal of the organizing committee its name was changed into Interinfo Group Netherlands. The committee feared that if they started to find sponsors and presented themselves with "Intersteno" companies would say: "Intersteno, stenography? That is old-fashioned. For that purpose we don't want to sponsor." With the name "Interinfo" the committee succeeded in attracting a lot of sponsors. Since then the Dutch National Group kept its name "Interinfo".

A number of other National Groups call themselves also Interinfo. It is a good name, because what we all do is information processing. But the International Federation for Information Processing never thought about changing the name "Intersteno" into "Interinfo" and does not intend to do that either. It may be true that the number of pen writers in the world is diminishing now that there are other and more modern tools to capture the spoken word, but as this is a fact of life it is accepted that the abbreviation "steno" does not refer to something that is old-fashioned in our modern world. It refers now much more to something that is short, fast and efficient, according to the meaning of the Greek word "stenos". Moreover

the thousands of machine writers in the USA and many other countries call themselves stenographers. So, it is quite right that our International Federation continues to use the word "steno" in its name.

The 50th anniversary of the Dutch Group was celebrated in a general assembly of the Group, held in the centre of the country, in a place called Barneveld, the same place where some of the Dutch National Keyboarding Competitions were held, in a very modern school. The next competitions will also take place there. The members gathered in Barneveld had to deal first with the formal annual meeting, but then they enjoyed an interesting lecture about the work of a reporting agency that offers to its clients the possibility of accessing online not only the written report of a meeting but the video recording of the speakers and the soundtrack of their speeches as well. The company claims that this way of presenting reports, developed by them, is unique to the Netherlands and several surrounding countries.

The Dutch Group has invited the company to come to the Intersteno Congress in Prague to give a demonstration.

After a break during which drinks were offered, all attendants enjoyed an excellent dinner to celebrate the anniversary. And, of course, speeches were given during that dinner. Looking back, the Dutch Group can say that it was a very pleasant and memorable day.

CvB.



*Some of the members enjoying their dinner.*

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## ◆Foot pedal and foot mouse as a means for the prevention of repetitive strain injury, carpal tunnel syndrome, text messaging injury and similar injuries - Part I ◆

**by Ruben Pellar**

When writing on the conventional keyboard (of the computer), the keyboard of a mobile phone or using the conventional computer mouse, we may be exposed to repetitive strain injury, carpal tunnel syndrome, text messaging injury and other injuries of this sort.

I suppose, that the above mentioned injuries are sufficiently well known to the reader. If not, he can find the definition of RSI and CTS and their description for instance in the electronic encyclopaedia Wikipedia (the home page of the English version is: [en.wikipedia.org/wiki/Main\\_Page](http://en.wikipedia.org/wiki/Main_Page))

**Repetitive strain injury (RSI)**, also called repetitive stress injury, is a loose group of conditions arising from overuse of the computer, guitar, knife or any other activity or tool involving a similar motion. It is an occupational overuse syndrome affecting muscles, tendons and nerves in the arms and upper back; hence it is also known as work-related upper limb disorder or WRULD. The medically accepted reason it occurs is when muscles in these areas are kept tense for very long periods of time, due to poor posture and/or repetitive motions.

**Carpal tunnel syndrome (CTS)** is a medical condition in which the median nerve is compressed at the wrist causing symptoms like tingling, numbness, night time wakening, pain, coldness, and sometimes weakness in parts of the hand.



**Text Messaging Injury** - In the English version of Wikipedia we still do not find a definition of TSI, but it is similar to the above-mentioned. It is caused by excessive writing of text messages on the keyboard of the mobile telephone or other transferable devices. The Repetitive Strain Injury Association now recognises TMI or Text Messaging Injury as a real ailment. The Association say that because all the movements when using a mobile phone keypad are so small, they do not cause the blood to circulate, and that means the fingers are acting like an engine without oil.

see: [uk.docs.yahoo.com/mail/compose\\_sms/learnmore/index.html](http://uk.docs.yahoo.com/mail/compose_sms/learnmore/index.html)).

The reader can find enough information about the above-mentioned phenomena on the internet.

For instance using the search engine Google we can find under the entry "repetitive strain injury" 684 000 citations; under the entry "carpal tunnel syndrome" 3 410 000 entries. The lowest number of citations can be found in Google for the entry "text messaging injury" or "text messaging injuries", it is 96 or 159 respectively.

In this small article I do not want to write about the medical aspects of these ailments (for instance diagnostic or therapy), as I have no qualification for it, being no doctor. I also do not want to enumerate all technical means and devices seeking to prevent these syndromes or as aids for persons who already are suffering by them. (Concerning the technical devices, I mean for instance the speech recognition, key-based or pen-based shorthand software a la Zaviacic's Zavpis, Agili typing sold by Agili Typing Ltd, Shorthand sold by OfficeSoft LLC, handwriting recognition or recognition of graphic shorthand, the shorthand system Shark by IBM). We would like to describe a technical device, which is not used very often for text processing, that is the foot pedal or - if the foot pedal simulates the computer mouse - the foot mouse.

The second part of this article which I would like to publish in the following edition of this journal will deal with specific solutions using the foot pedal or the foot mouse in relation to RSI, CTS and TMI.

***Many thanks to Peter Walker for revising these texts.***

◆ **This newsletter is in PDF format.** ◆

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