



Lessons from Down Under

By Diana Cormack

A study by Swiss researchers recently published in the online edition of the *British Medical Journal* found that learning to play the didgeridoo can help people with snoring problems and moderate sleep apnoea syndrome. Playing the instrument over a four-month trial period improved their sleep situation (and no doubt that of their sleeping partners).

If your life is being blighted by such a disorder, the good news is that you don't have to splash out on an expensive plane ticket to try the cure. Didgeridoo lessons are available in East Finchley!

Pete Eldred comes from Brisbane but has been living in Strawberry Vale for the past four months and working as a landscape gardener. In Australia Pete is mostly involved in ecology,

but he has had an interest in the didgeridoo since childhood. As a boy he was taught to play the instrument by an Aboriginal friend and he can tell you a great deal about its history and the many beliefs associated with it. He has taught all ages and nationalities since 1999. As well as performing gigs, Pete has done occasional busking on the two didgeridoos he brought with him from Queensland.

Better breathing

Pete agrees with the Swiss scientists' theory and told *THE ARCHER* he believes it can also help with asthmatic problems. "It opens up your airways, teaches you to breathe and helps to increase your lung capacity," he said.

Once you have mastered the circular breathing, Pete says, the didgeridoo is one of the easiest instruments to learn because there are no rules and it all depends on how you use your lips, tongue and cheeks. But you won't need to buy your own didgeridoo to learn to play. Pete recommends a visit to your local builders' merchant for a piece of plastic piping.

If you are interested in learning or listening to the didgeridoo, you can contact Pete on 0772 206 4107



No worries...Pete with his didgeridoo.

Photo by Erini Rodis

Rockin' to the Barnet Beat

Over the last six decades, a multitude of stars of modern music have either lived in or struck a connection with the borough of Barnet, and Church Farmhouse Museum is planning an exhibition to remember them in the summer of 2006.

Musicians including The Kinks, the Bee Gees, Spice Girls, Oasis and Peter Green have all at some point had links with the borough. Venues such as the former Torrington pub in North Finchley played host to bands including The Stranglers and Eddie & the Hot Rods in the early days of punk, while the LMS pub in Hendon was home to Psychobilly bands like the Meteors in the late 1980s.

Staff at Church Farmhouse Museum, in Greyhound Hill, Hendon, are eager to hear residents' memories and borrow memorabilia, to bring alive Barnet's vibrant musical past. The museum is also planning to use its garden space to fill the air with live music from local bands, new and old.

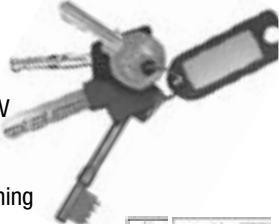
If you have old ticket stubs, photographs, autographs or any other items of interest, or are a member of a Barnet-based band which would like some involvement in the exhibition, contact museum curator Gerrard Roots on 020 8203 0130 or e-mail gerrard.roots@barnet.gov.uk.

Councillor Brian Salinger, Leader of the Council, said: "This exhibition will showcase the rich cultural heritage that Barnet has, as well as looking to the future with some of the borough's best up-and-coming acts performing in Church Farmhouse Museum gardens. I urge residents to dig through their old memorabilia and get in touch with us."

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