

NewsLETTER/ NouvELLES

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President's Message - Work in Progress

I spent a lot of time in November in the front garden, raking leaves and planting bulbs (and then protecting the daffodil bulbs – a great delicacy – from the squirrels). And then over the winter, the garden is bare – just rows of squirrel-proof wire netting, and a few twiggy plants that every now and then look beautiful with snow on them. Even the birds stop visiting the feeder, and only the squirrels are still chomping away.

And then, when the snow has gone, I will roll up the netting, and the neighbours and I will make daily inspections of the front gardens all along the street, to watch for the first signs of the bulbs that managed to escape the squirrels' attention.

And suddenly, my front garden, and all the gardens along the street, will be a riot of colour and vigorous activity, as the hard work of the previous Fall pays off.

It sometimes seems that our association is like that. A lot of planning and hard work goes on in the background over the winter, although the apparently long dormant season is punctuated with holiday socials, and chapter meetings. Not everyone can participate in those events, but we all get the benefit of the Newsletter. And then like magic, the Conference blossoms out in May, and the results of the previous hard work are on display for everyone to participate in, and admire, and congratulate each other on a job well done.

And each year, we get better and better at planning ahead, digging in and planting ideas and clearing out, and foiling the squirrels, and encouraging the other gardeners and volunteers in our community to also commit effort, so that we can all enjoy the fruits of our labours.

This year's conference team, under the leadership of Kathy Heney, is a long way ahead in their preparations, and the Executive has seen the first green shoots of what looks to be a fabulous Conference in Ottawa, May 11 – 15, 2005. We've even started thinking about 2006 conference – because conferences, like gardens, need a lot of lead-up time.

And between now and the conference, the Internal Communications team, particularly Maria Ripley and Marina Dranitsaris, keep working on the Newsletter and the website, so that there's always something to look at in the OALT/ABO garden. You can contribute too, by adding your two-cents-worth to the discussion list.

There's a whole lot of tidying up going on also in the OALT/ABO garden. Vicky Lynham and Stella Clark have converted the membership database to MS Access, and Penni Chalk is bagging all the dead leaves – collecting the archive material!

And what is the OALT/ABO President doing? Chasing squirrels!

A happy New Year to you all – may everything in your garden flourish!

2005 Annual Conference

The Provincial Executive of OALT/ABO decided to hold one of its meetings in Ottawa, with the local Executive and some members of the 2005 Conference Planning Committee, to tour the venue for OALT/ABO's 32nd annual Conference, which will be held from Wednesday, May 11 to Sunday, May 15, 2005, at Algonquin College's Woodroffe Avenue Campus in Ottawa.

Kathy Heney, the Ottawa Chapter President and 2005 Conference Planning Committee Coordinator, reported that the Committee had accomplished a lot so far, and that we were aiming to offer three parallel sessions per time slot, for Thursday, Friday and Saturday morning's workshops schedule. She announced that Marion Doucette had agreed to be the parliamentarian at the Saturday afternoon ABM, while Pat Graham, a long-standing Ottawa Chapter member, would be our closing banquet speaker on Saturday evening.

We discussed among other topics, issues concerning the logistics of the one-day Pre-Conference workshop on E-serials. Adding a one-day Pre-Conference workshop would create a precedent and possibly add extra problems to the Conference package, which we wanted to avoid. By handling the event separately from the Conference, the E-serials workshop might be a drawing card for conference attendance, instead of an extra burden. To that end, we discussed how to advertise the one-day E-serials workshop, and to whom, plus how to handle separately, payment for and cancellations of registrations to the one-day workshop.

We also discussed rental fees for the different rooms reserved for our workshops. They include a computer room, an amphitheatre, and a multi-purpose room, that can be divided into two or three small rooms, or be used as one large room, depending on registration to workshops. We also will have the flexibility of renting "C.O.W.s" (Computers-On-Wheels), whenever electronic audio-visual equipment will be required.

The new Book Club Chapter, being a virtual, rather than a regional/local Chapter, brought some interesting, not previously encountered questions to the table, for discussion. Questions about the logistics of payment for membership to the Provincial Association, versus payment for individual Chapters, especially when an Institutional Membership is involved, were raised, prior to the meeting, and some

aspects of the implications, may require further study/discussion.

The mandate of the Book Club Chapter to hold their business meeting during the Conference's time frame, required finding a location and a time slot that would not limit delegates' attendance to workshops, and would fit within the time constraints of the Conference's schedule. A similar situation arose, with the Public Libraries and School Libraries groups' roundtable session, which also had to be slotted into the Conference's schedule. Therefore, a parallel time-slot was agreed upon, and hopefully will suit the needs of all future virtual Chapters.

Other topics discussed were the Conference's and Pre-Conference's budgets and attendance numbers predictions, as well as costs per delegate, marketing strategies, sponsorship, advertising schedules and time-lines, plus the Algonquin College's Library Technicians Program's 35th Anniversary. Some workshops were mentioned and/or discussed, as well as some other logistics aspects, such as the Hospitality suite, signage, transportation by bus, ABM minutes, elections, translation of membership renewals, archives, Conference manuals and updates, plus suggestions for next Conference's venue in 2006.



Members of the 2005 conference planning committee in alphabetical order: Ann Censner, Barbara Cope, José Gélina, Pat Graham, Gislaine Hamelin-Janveaux, Edwina Harris, Kathy Heney, Irène Kumar, Linda Landreville, Rita Liu, Jean-Paul Lorrain, Nicole Watier and Theresa Ziebell. (N.B.: All Ottawa Chapter {"OC"} Executive members, are also members of the 2005 Conference Planning Committee.)

Les membres de l'exécutif provincial de l'OALT/ABO décidèrent de tenir une de leurs réunions à Ottawa, afin de rencontrer l'exécutif local et certains membres du Comité de planification de la Conférence de 2005, ainsi que pour visiter l'endroit où la 32ième Conférence annuelle de l'OALT/ABO aura lieu, du mercredi, 11 mai, au dimanche 15 mai, 2005, au complexe Woodroffe du Collège Algonquin.

Kathy Heney, Présidente de la Section d'Ottawa, et, Coordinatrice du Comité de planification de la Conférence, rapporta que le Comité avait accompli beaucoup jusqu'alors, et que nous visons offrir 3 sessions parallèles pour chaque période de temps allouée pour les ateliers, cédulés durant les jeudi,

2005 Annual Conference

vendredi et samedi matin de la Conférence. Elle annonça, que Marion Doucette avait accepté d'occuper le poste d'officier parlementaire durant l'Assemblée Générale Annuelle, alors que, Pat Graham, une des membres de longue date de l'Association, sera l'oratrice d'honneur invitée, lors du banquet de clôture du samedi soir.

Durant la réunion, nous avons discuté, entre autres, des questions concernant la logistique de l'atelier pré-conférence sur les périodiques électroniques. Si le fait de prolonger la durée de la Conférence, en ajoutant un atelier d'un jour, sur les périodiques électroniques, créait un précédent, et ajoutait des problèmes supplémentaires à la Conférence, nous souhaiterions éviter ce problème, autant que possible. Mais si l'organisation de l'atelier pré-conférence, demeurait indépendante de l'organisation de la Conférence même, cet atelier, loin d'être un fardeau supplémentaire, pourrait au contraire, servir d'appât, à certains délégués, qui n'auraient pas assisté à la Conférence, sans cet atelier sur les périodiques électroniques. Dans ce but, nous avons discuté de la publicité reliée à l'atelier d'un jour, de l'auditoire visé, et de la façon de gérer le paiement de cet atelier, ainsi que les cancellations d'enregistrement possibles, indépendamment de la Conférence.

Nous avons aussi discuté les frais de location des salles de cours réservées pour nos ateliers. Ces salles incluent une salle d'ordinateurs, un amphithéâtre et une salle versatile, qui peut être divisée en 2 ou 3 petites salles ou être utilisée, selon le degré de participation à l'un ou l'autre des ateliers offerts à l'intérieur de chaque période d'ateliers. Nous aurons aussi la flexibilité assurée par des ordinateurs ambulants appelés "C.O.W.s" (Computers-On-Wheels), quand l'utilisation d'équipement audio-visuel électronique sera requis.

Le nouveau Club de Lecture, à portée virtuelle, plus que locale/régionale, engendra de nouvelles énigmes à résoudre. La logistique du paiement d'une carte de membre de l'Association provinciale seulement, versus le paiement à un abonnement à une section individuelle, surtout quand une carte de membre institutionnelle est impliquée, fût apportée à la table de discussion avant la réunion, et certains aspects de cette question nécessiteront sûrement de plus amples recherches/discussions.

Le mandat du Club de Lecture, de se rassembler durant la Conférence, seul moment et lieu où ce groupe virtuel peut le faire, demandait de trouver un local et de céder une période de temps qui n'entraverait pas la participation des délégués à

d'autres ateliers, donc cette réunion devait être incorporée à l'intérieur des limites temporelles de la Conférence. Une situation similaire se présenta, avec le groupe d'échange des bibliothèques publiques et scolaires. Alors, une période de temps parallèle fût choisie et pourrait servir également les besoins d'autres sections virtuelles futures, qui représentent une des façons de garantir le développement de l'Association.

D'autres sujets discutés, furent les budgets de la Conférence et de la pré-conférence et l'estimation du nombre de participants à ces deux événements, ainsi que l'estimation des frais encourus individuellement par chaque délégué(e), puis, les stratégies de marketing, les commanditaires, le schéma chronologique de la publicité et autres échéances connexes, plus le 35ième anniversaire du programme de bibliothécaire du Collège Algonquin. Certains ateliers furent mentionnés et/ou discutés, ainsi que certains autres aspects de logistique, tels que la suite "Hospitalité", l'affichage, le transport par autobus, le compte-rendu de l'assemblée générale annuelle, les élections, la traduction des formulaires de renouvellement des cartes de membres, la rédaction d'un manuel/guide d'utilisateur pour la planification de Conférences et ses mises-à-jour, les archives, et des suggestions d'endroits où tenir la prochaine Conférence (en 2006).

Membres du comité de planification de la conférence de 2005 par ordre alphabétique: Ann Censner, Barbara Cope, José Gélinas, Pat Graham, Gislaine Hamelin-Janveaux, Edwina Harris, Kathy Heney, Irène Kumar, Linda Landreville, Rita Liu, Jean-Paul Lorrain, Nicole Watier et Theresa Ziebell. (N.B.: Tous les membres de l'exécutif de la Section d'Ottawa {"SO"}, sont aussi membres du Comité de planification de la Conférence de 2005.)

Award For Innovation

This award was created to recognize an OALT/ABO member who has done something innovative in the workforce, for the association or for professional development. The recipient will receive a commemorative plaque at the banquet at our annual conference.

The signature of one member, in good standing, is required for the nomination form; if others contribute to the submission, please include ALL contact names and contact information.

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Outline the reason you think this person is deserving of the award, giving as much information as possible about the time involved, people affected and impact on both the candidate and others. The more information we have, the more we have to judge.

What was the major accomplishment? Was it one-time, ongoing, or multiple day, i.e. workshops versus a program?

Who were the people affected, i.e. colleagues, patrons, the general public, or the community? What was the number of people who were involved, how and where?

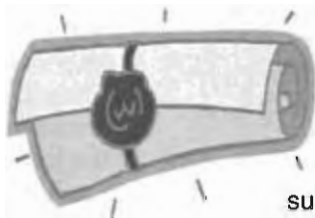
How was the project, innovation, etc. funded? This could be an innovation in itself!

Please complete and submit the enclosed form to:

Gale Moreau
234 Duckworth Street
Barrie, ON L4M 3W9
Email. twomoreaus@primus.ca

OALT/ABO Presidential Award

The Presidential Award recognizes outstanding contributions or achievement by an OALT/ABO member in promoting / developing our association.



Any full member in good standing, excluding the President and members of the award committee, is eligible for nomination. Contributions and achievements may consist of:

- innovative approach in promoting and/or developing the association
- Significant participation in the structure and development of the association
- Initiation and implementation in projects or programs to raise the profile of Library Technicians or the association
- Active participation in OALT/ABO through attendance at regional meetings and/or committee work
- A responsible attitude towards the profession and OALT/ABO

The name of a candidate shall be submitted by a nominator and a seconder, both being members of OALT/ABO in good standing. Nominations must be submitted in writing by April 1, 2005.

Please complete and submit the enclosed form to:

Pam Casey
539 Cumberland Avenue
Burlington, ON L7N 2X3

Chapter Activities

Book Club Chapter

We have read and discussed three books since the last newsletter: *Falling Angels* by Tracey Chevalier, *The Y Chromosome* by Leona Gom and *Drowning Ruth* by Christina Schwartz. We have been discussing the books online, using a blog set up for us by Maria Ripley.

We have arranged for Karen Irving to speak at the 2005 annual conference in Ottawa about the writing process and we will discuss her book *Pluto Rising* at that time.

Upcoming titles:

The Way the Crow Flies / Anne Marie MacDonald
Larry's Party / Carol Shields
Black Robe / Brian Moore
Speak Ill of the Dead / Mary Jane Maffini
Pluto Rising / Karen Irving

Halton-Peel

Look forward to more information on the Super Saturday, to be held Saturday January 15th in Burlington. This event is always well attended.

Lohania

This chapter presented the Award of Merit to Lori Wood of Whitby. Plans are in the works for a winter workshop.

Ottawa

They are busily working away on "Survive and Thrive 2005" to be held at Algonquin College. The Provincial executive held the November meeting there and had a tour of the facilities. It is a wonderful site and an interesting conference will be enjoyed by all who attend.

School Chapter

Chapter information was not received in time for publication.

Chapter Activities

Thunder Bay

There has never been a year like 2004! We have not held a meeting since 25 March 2004 when we had our Annual Business Meeting where our current constitutional change proposal was unanimously accepted. We now have only three elected positions: President - Donald Henderson, Treasurer - Kathy Crewdson, and Secretary - Valerie Welsch. Caron Naysmith and Helen Hereema accepted the appointed positions of Public Relations and Archivist respectively. When our fall activities should have recommenced, Kathy had major surgery and was out of commission for two months and then Don had his turn. Valerie's only excuse for not carrying on alone was lack of fresh ideas. However, in Thunder Bay, warm company always dispels the cold of winter and so January, February, and March will be great and make up for lost time. The membership year continues until September and so we will have to just "rearrange" ourselves to accommodate the sickly executives.

Toronto

A call to fill three vacancies on the OALT/ABO – Toronto Chapter Executive

OALT/ABO – Toronto Chapter is calling upon its members to fill three current vacancies on the Toronto Chapter Executive:

Newsletter Editor: this position edits, publishes and mails out our "In Touch with the Toronto Chapter" newsletter four (4) times a year. Duties can also involve recruiting written articles from the membership to publish in the newsletter and attendance at OALT/ABO – Toronto Chapter executive meetings. A great opportunity to enhance your editing skills.

Publicity Coordinator: this position notifies membership of all the OALT/ABO – Toronto Chapter membership meetings and functions. Duties consist of preparing publicity materials (e.g. mailing flyers advertising membership meetings with a scheduled guest speaker) for our members, liaising with the Membership Coordinator to obtain a current up-to-date mailing list for the OALT/ABO – Toronto Chapter and liaising with the Newsletter editor for mailings. Attendance at OALT/ABO – Toronto Chapter executive meetings is beneficial.

Secretary: duties for this position involve taking the minutes of all executive meetings, organizing them for distribution to the OALT/ABO – Toronto Chapter Executive, distributing and maintaining any records including the OALT/ABO – Toronto Chapter

constitution and Bylaws. A great opportunity to enhance writing and word processing skills.

Serving in any one of these executive positions is a great opportunity to promote yourself in OALT/ABO – Toronto Chapter and there are many benefits to volunteering yourself in any one of these positions, including a valuable reference on your resume and job search – speaking from experience myself.

Please contact Jenna Winkler if you are interested in any of these opportunities by email at jwinkler@tpl.toronto.on.ca or by telephone 416-393-7121.

The last half of 2004 has been keeping the Toronto Chapter executive and membership busy. We held one membership meeting and a very successful holiday social. Our October meeting featured Ulla de Stricker as our guest speaker with her topic of "Personal Branding: Selling ourselves in a tough Market". Ulla gave our small gathering an enlightening talk about how to market ourselves in the workplace and to employers by explaining how to promote ourselves in the workplace in terms of appreciation, customers (target audience) and how to enhance our value to our organizations.

Our November meeting unfortunately had to be cancelled due to a family emergency for our scheduled speaker. However, we are rescheduling our speaker for our next membership meeting in late January. More details will be mailed with our next Toronto Chapter newsletter in early January.

The Toronto Chapter annual holiday social was held at the Mandarin restaurant on December 2nd. It was a great success with more than 20 members attending.

We look forward to seeing you at our upcoming meetings in January, March and May 2005. Further details will be announced in the next OALT/ABO newsletter and posted on the OALT/ABO website as soon as they become available.

College LIT Program Updates

Mohawk College

Happy New Year from the faculty and staff of the Library and Information Technician Program at Mohawk College! May this new year bring you energy and enthusiasm in both your personal and professional life.

We have had an invigorating fall term in our program,

College LIT Program Updates

with many students taking advantage of our distance education courses. The majority of students enrolling in library technician courses at Mohawk are currently working in libraries, people who have not had the opportunity for a formal education in the field of library work. Most are mature students, with jobs, families and busy lives, who do not have the mobility required to take a full-time classroom program, and thus taking courses over the Internet fits in well with their lifestyles.

In October 2004 the annual convocation for our students was held as part of the graduation ceremonies for the Faculty of Continuing Education. This year we were pleased to have 26 graduates from the Library and Information Technician Program and 4 from the Records and Information Management Program. Among these were students who were awarded the OALT/ABO Award (Lori Wood), the Library Technician Award (Anna Szot-Sacawa), the Geraldine Hughes Cataloguing Award (Angela Drake, Constance Vandervies and James Wagner) and a college gold medal (Jane Townsend). We are appreciative to the Lohania chapter of OALT/ABO for sponsoring an annual award for our graduates.

Our winter term courses will begin on January 10, 2005. Our courses work well for graduate library technicians who are interested in taking a course for ongoing professional development. Registration in winter term courses is accepted until January 16, 2005, where there are still spots available. OALT members may want to consider the following courses:
LIBRLT335 Multimedia
LIBRLT403 Special Libraries
OADM100 Records and Information Management Fundamentals

A full list of winter term courses, and registration instructions, are on our web site <http://www.mohawkcollege.ca/cecat/library.html> under the heading "next semester". Note that graduate library technicians are considered to have met the prerequisite course requirements for any course in our program.

Alternatively, if you are interested in some courses in a related field, you may want to look into our 6-course Records and Information Management certificate program. Details and winter course offerings are on our web site <http://www.mohawkcollege.ca/cecat/recmqt.html>

For those who may be thinking ahead to the spring term, our registration for spring term opens on March 7, 2005. Information regarding spring term courses will be on our web sites in mid-February.

Seneca College

It's time to update our promotional brochures. If you are interested in writing a testimonial or have suggestions for the brochures, contact Deborah Kay (deborah.kay@senecac.on.ca).

Again this year, the fourth semester students will be attending the Ontario Library Association Conference. Drop by the booth that we will be sharing with the other Ontario LIT Programs and OALT/ABO.

Algonquin College



Library and Information Technician Program / Programme de l'information bibliothéchnique et des techniques de

Algonquin College/Collège Algonquin
1970-2005

35TH ANNIVERSARY DINNER & RECEPTION/ 35e anniversaire - Souper et réception

12 May/mai 2005

RESTAURANT INTERNATIONAL
Woodroffe Campus/Campus Woodroffe,
Algonquin College/Collège Algonquin
1385 Woodroffe Avenue/avenue Woodroffe
Ottawa

To receive further information as available please
contact: Jan Jacobson at
jacobsj@algonquincollege.com

*Vous pouvez recevoir de plus amples informations à
mesure qu'elles deviennent disponibles, en
communiquant avec Jan Jacobson,
jacobsj@algonquincollege.com*

Genealogy in Action

by Annette Desrosiers

At the OALT/ABO Conference in May 2004, in London, Ontario, I attended a workshop at and had a tour of the LDS Genealogical Centre. During the course of the tour, I was shown a database on the Veterans Affairs Website. It lists soldiers who fought in the Canadian Expeditionary Forces (CEF) during World War I. Henri, my husband's grandfather, was one of these poor souls.

My husband Ken has a sheet with a picture of Henri in his uniform, and it lists his name, rank, military unit, where and when he enlisted. At the bottom of this sheet on either side are little tabs where two war medals once hung. These medals "disappeared" many years ago.

I thought I'd do a simple test of the CEF database and see what I could find. Well after putting in the last name, I got two hits! The only thing I knew about Grandfather Henri was that he had been born in Belgium and had immigrated to Canada as a young man. Sure enough the two men listed, one named Adiel, and the other named Ferdinand, had not only been born in Belgium, they had in fact both been born in the same town! Upon returning from the Genealogical Centre, I telephoned Ken with this exciting news. I had him look up the information for himself. He very quickly informed me that these two men were not his grandfather, and he had no idea who they were!

When I returned home from the conference, I was intent on finding out why Henri's attestation papers were not on the database. The National Library and Archives have digitized all these records. They are nicely stored and neatly arranged alphabetically in banker's boxes in Gatineau. After speaking to a colleague at NL, she convinced me to go in person to the archives reading room in Ottawa and make a request for his papers.

At the archives, a staff member brought me over to a "World War" expert on staff. This kind gentleman went to the stacks and pulled the book of Henri's regiment. Sure enough, Henri was listed there alphabetically. Under Henri's name in the regiment book we found his service number, which we could use to locate Henri in the database and access his attestation papers.

These papers have the signed oath the soldier made to God, King, and country, their approved medical certificate and where they signed up. It was then that we noticed that Henri's last name had been misspelled during data entry! Had I truncated the last name, instead of typing it in full, I would have found it anyway!

With this new information, I completed a form requesting to see Henri's military record. All World War I records are in the public domain. If Henri were alive today, we would be 120 years old! So, there are no issues of privacy regarding these records. A few days later I returned to the National Archives to examine the war records.

I was very pleased to see that not only did I have access to Henri's records, but I also had access to his brother Ferdinand's records, and their cousin Adiel's records. I spent a couple of hours going through these rather dusty, fragile and nearly 90 year old documents.

Not being familiar with military documents I filled out other forms requesting photocopies of the three soldiers' records. A few weeks later, they were ready and I returned and picked them up after paying a fee. With friends and neighbours helping us to decipher these papers, we got a good picture of how and where they served, were wounded, and their medical treatments.

During the two-week wait, I contacted Veterans Affairs requesting a form to replace the medals. Armed with this form, and the photocopies of the men's records, Ken and I went made a short trip to visit family near Edmonton. We showed Ken's father and sisters the papers and found it quite fascinating. Of course while there, we went and visited Henri's grave, and saw that his headstone is indeed a veteran's. I was told that Henri received a military funeral as all veteran's do. As Henri's oldest survivor, my father-in-law completed the medal replacement form and three months later, he received the two replacement medals.

August of this year marked the 90th anniversary of the beginning of World War I. Ken had never been too interested in WWI documentaries. I pointed out to him that his great uncle, his grandfather and their cousin all fought in those trenches in Normandy. All three were fortunate to survive and returned to Canada to carry on their interrupted lives. Henri fought in France from 1916 to the end of the war as a machine gun operator.



During that time he was twice wounded and returned to Canada in late 1919. Henri received the Victory Medal and the British War Medal in 1919. Ken is now more interested in World War I and this Remembrance Day when we hear the names Amiens, Paschendale, and the Somme, these are names of places that are no longer seem so distant in time and space.

Technostress

By Anne Dranitsaris

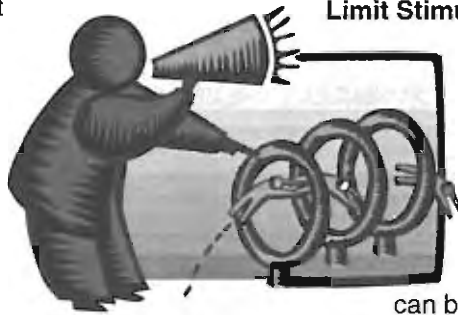
Mobile phones, palm pilots, computers and expectations for immediate responses to communication are increasing levels of stress in the workplace. We become stressed and impatient when we can't reach someone, yet we resent distractions and can become angry when someone expects us to interrupt our work to respond to them.

As library professionals, the time we spend with technology has increased. Instead of the promised "time saving", we find ourselves spending too much time in front of the computer, or on the telephone. We are often too busy to take a break at lunch or if we do, we can still be interrupted by our mobile phone or pager.

If this sounds like you, you are likely experiencing "technostress". Technostress (computer-related stress), a common problem for library professionals in the 1990s, is a combination of performance anxiety, information overload, role conflicts, and organizational factors. Technostress is also defined as a modern disease of adaptation caused by an inability to cope with the new computer technologies in a healthy manner.

We are all under stress to produce, follow rules and to exist co-operatively on the job and with others. We are expected to interact with customers, co-workers, supervisors, friends and relatives. As much as we try to manage our stress, each day brings new, stressful situations we must deal with in our business lives and our personal lives. To add technostress to an already stressful lifestyle pushes most of us to the brink!

Here are some suggestions for individuals facing technostress to introduce into your day that can relieve stress and can help to improve attitude, optimism, and productivity.



Tune Out Technology. Turn off your electronic organizer, computer, email account(s), cell phone, pager, and telephone for a designated period each day.

Meditate. This can be something as simple as finding an empty room, closing your office door and spending 15 minutes of quiet contemplation. For those who have a mantra or practice a formal type of meditation, it can quickly restore mental clarity and relieve accumulated mental tension. Great to do before a meeting.

Practice Yoga. Massage, yoga, and stretching exercises can reduce stress, improve appearance, and keep you flexible. At www.mydailyyoga.com you will find animated images for all the correct phases of postures that can be easily done in office clothes at a desk. "Office Yoga" by Darrin Zeer is a good yoga book to augment your knowledge of yoga on the job.

Clear Your Mind. Find time each working day to re-energize. Take a brief walk. Close your eyes and focus on your breathing. Or perhaps just find a few moments to read the paper and remove yourself from the current

Limit Stimulants. This means monitoring intakes of caffeine, sugar, and other foods, which can alter mood and anxiety levels.

Improve Conflict Management Skills. A good way to reduce long-term stress at work and with co-workers is to improve personal conflict management skills. Conflict cannot always be resolved, but it can be managed in ways that lead to win-win situations. Allow people to win something in every negotiation.

Check In On Basic Beliefs And Assumptions That Impact Your Stress Levels. Cognitive psychologists have taught that most stress arises from a person's irrational and perfectionistic demands of others, and ourselves. For example, someone who insists on total control will inevitably experience work stress. Expecting or demanding that people perform perfectly leads to frustration and disappointment. An excellent stress release is to review what you are imposing on others and yourself and then change these demands into realistic attitudes.

Cultivate a Positive Attitude. Cognitive psychologists have demonstrated the importance of "self-talk"--the internal monologue of self-evaluating statements that forms a large part of most people's mental activity. Seemingly simple techniques, such as replacing negative thoughts with positive affirmations, can be

very effective in overcoming self-doubt and perfectionism.

Keep a Balanced Perspective. Work is important and being competent and successful often helps boost self-esteem. It is also financially rewarding. However, it is only a portion of one's life and does not define one's identity 100%. Lighten up a bit about your work. If it is not fulfilling and fun, it may be time to move on and do something different.

Get Enough Sleep. According to experts, if people do not receive sufficient sleep over a long period of time, they can observe symptoms such as increased depression, pessimism, agitation, less tolerance of ambiguity, interference with judgment, and a general sense of frustration with normal life stressors. Regular sleep is food for the brain and will help to inoculate the body against the destructive aspects of work and personal stress.

Relax. Some of the most effective techniques for immediate relaxation work through the body: for example, breathing deeply and regularly or alternately tensing and relaxing muscles. Other techniques free the mind from mechanical routine: for example, visualizing yourself in an idyllic, peaceful setting.

Focus on Maintaining Health. Taking care of one's self naturally includes getting proper nutrition, exercise, and rest. The more intense the work environment, the more important it is to place this in perspective and make sure one's off-the-job activities and interests are sufficient to provide both physical and mental variety. Keeping a work/life balance is critical.

Use Your Sense of Humor. Cultivate the ability to laugh at your own situation (as opposed to complaining, being sarcastic about computers or library users, etc.). This may be the most important technique of all; it is certainly the best barometer of psychological health.

Anne Dranitsaris is the principal consultant at Dranitsaris Consulting Services. She has more than twenty years experience in business, leadership and personal development. Anne provides behavioural training and coaching to help develop individual and organizational effectiveness including: Behavioural Interviewing; Managing Workplace Stress; Disability Training; Conflict Styles; Myers-Briggs Type Indicator; True Colors; Emotional Intelligence and Leadership Training.

Nominations for Executive Positions of OALT/ABO, 2005-2006

The Nominating Committee presents the following members of OALT/ABO are candidates for Executive office, for 2005-2006:

President -- Annette Desrosiers

President Elect --

Treasurer -- Vicky Lynham

Internal Communications Coordinator -- Maria Ripley

External Communications Coordinator --

Conference Coordinator -- Stella Clark

Chapter Coordinator -- Jenna Winkler

At time of writing (December 20) we do not yet have candidates for two positions, but hope to have a full slate of candidates by January 1, 2005 -- the date stipulated in our bylaws.

Further nominations, accompanied by written acceptance of the nominee, may be entered by petition of five members of OALT/ABO, no later than February 15, 2005. This means that you, the members of OALT/ABO, may suggest candidates for any of the positions; contact me for the "Team descriptions" which describe the activities involved in each position. If you like, you could nominate yourself -- five Executive members will be pleased to sign your nomination!

It would be particularly helpful if you could think about people who would be good for the positions where we do not have candidates:

President-Elect is just that -- in the first year on the Executive, the P-E acts as secretary to the Executive, thereby learning the ropes as well as developing a good history of the deliberations and decisions of the Executive. In his/her second year, the individual is President of our association, leading a team of colleagues who have now become friends (I speak from experience, and I'm sure my predecessors will agree).

External Communications Coordinator prepares marketing materials such as the brochure, liaises with other associations and with the LT programs, and coordinates the sponsorship supporting member benefits such as the salary survey. This is a fairly low-key position, and would be a good introduction for anyone who would like a gentle introduction to association involvement.

Maggie Weaver

President, and Chair, Nominating Committee for 2005-2006

Web Sites to Educate and Amuse You

Our Roots: Canada's Local Histories Online brings Canadian history to life! This unique, online, coast-to-coast record of Canadian local histories reflects the breadth and depth of our country's heritage, and celebrates the diverse landscapes, resources, and people that have contributed to sculpting its rich and ever-evolving national character.

www.ourroots.ca

From the Memphis Business Journal: law librarians say technology has them more in demand

<http://www.bizjournals.com/memphis/stories/2004/12/13/focus4.html>

The Library & Information Science Professional's Career Development Center offers career development resources for new librarians and information professionals, MLS students and those considering a library-related career featuring practical articles contributed by information professionals, along with links to online and print resources.

www.liscareer.com

Need to put together a presentation? Check this site hosted by EPSON containing training articles on effective presentations, skills and techniques for putting your presentation together and a library of clipart and sounds.

<http://www.presentersonline.com/>

Get Ready for the new ISBN!

<http://www.niso.org/standards/resources/ISBN.html>

ISBN will change from the familiar 10-digit code to 13 by January 2007.

<http://www.collectionscanada.ca/iso/tc46sc9/isbn.htm>

Comic Books for Young Adults: a Guide for Librarians
Author Michael R. Lavin, of Lockwood Memorial Library, State University of New York (Buffalo), walks you through the questions and issues posed by a comic book collection, and through the genres, publishers, and selection tools. Includes a recommendation list, by age group (and a not-recommended list as well).

<http://ublib.buffalo.edu/libraries/units/lml/comics/pages/>

Trends in Blog Searching: An article by Christina Pikas, Technical Librarian, Johns Hopkins University Applied Physics Laboratory covers blog searching in both general search engines and blog-specific search engines.

<http://www.sla.org/division/dite/bite/MarApr2004/TrendInBlog.pdf>

Biographical database whose goal is to be the Web's most direct guide to facts about famous people. The premise is anyone is fair game as far as an entry into the database and gives the hard facts about each person dates, trivia and alternative sites for more information.

<http://who2.com/>

It's Time to Renew Your Membership

Our membership year runs from October 1st to September 30th. New membership forms have been mailed out. Please read the form carefully. There is one fee for OALT/ABO membership and separate fees for the various chapters. You may join as many chapters as you wish.

Please renew soon to have your name included in the new 2005 membership directory.

We value your support!

Welcome New Members

Each year OALT/ABO welcomes new and returning members from all areas of the province. We want to issue a warm welcome the following new members and invite them to participate in their association by joining the discussion list and by attending the OALT/ABO conference to be held in Ottawa May 11-15.

Teresa Austin - Toronto
Claude Bidal - Ottawa
Marlene Bonin - Sudbury
Amy Camarda - Woodbridge
Claire Cameron - Orleans
Haruka Chiba - Toronto
Coutts Library Service - Niagara Falls
Maida de Vera - Mississauga
Charlotte Elwert - Regina
Sandra Gaines - Sault Ste. Marie
Aline Krause - Sudbury
France Landriault-Pilon - L'Original
Ontario Medical Association - Toronto

As Disgruntled as I Wanna Be

by Stacy Goddard

As we get closer to the end of the year and with only a few months left until our conference, a point I consider OALT/ABO's year-end, I have begun to reflect on what I am getting for my money from this organization.

A year and a half ago, OALT/ABO seemed poised to take off for a new era; we had a new constitution and a new structure. Means were put in place to counter the malaise that led to overstretched individuals trying to keep far-flung geographic regions afloat. (I oversimplify here to save space) We were going to get the kind of organization we wanted. We could develop new chapters based on our interests and needs.

Now we have 2 new Chapters and I belong to both of them. I joined the Book Chapter as soon as it was formed as a substitute for one I had previously belonged to which had folded. I make a contribution every month, but I am not getting a lot of joy out of the Chapter because I don't get a lot of feed-back from fellow members, whose numbers, I understand are few. I joined the School Chapter as an ex-school board employee who still has an interest in School-related issues and I am getting even less from this Chapter. I happened to be instrumental in drawing up the charter for this Chapter and to say I am disappointed in what has happened since its inception, is putting it mildly. I think those of us who put together the Charter expected that Charter to be implemented as written, but that hasn't happened. Problems started before it was even launched, as near as I can make out. An individual to act as treasurer was to be found. It's the least we can function with as a Chapter. We still have no such person anchoring the Chapter. I feel it is too much to expect the OALT/ABO treasurer to fulfill that function. Secondly, the Chapter was to have been given publicity to get it launched. If you, like me, were surprised to see that there was a choice of School Chapter on your renewal form, I imagine you are even more surprised to find out that you have paid your money to join a Chapter with no substance.

I used to be your External Communications Coordinator. I don't believe that by imparting only negative opinions as a "civilian", I will be doing the organization any good. Therefore, I suggest that if you are a current member of the School Chapter and you are waiting for something to happen, it will only happen if you make it. I am retired, therefore not looking for a new job, but I am sure that one of you can take on the role of Chapter Treasurer and that the Champions we speak of in our charter will pick up and start bringing interesting programs to the members. (If you don't know what I am talking about, the Charter and Rules are there for all to see on the web-site.) The money is there, you all paid \$20.00. Make sure it gets used to further the issues of School/Board Employees.

As for the Book Chapter, guys, let's get on that web-site and type. It's not a heck of a lot of fun reading my

own words over and over. Even if you don't want to answer the questions, say *something*. I don't get to see you, but I'd love to share books with you.

Book Review

When the Body Says No: Understanding the Stress-Disease Connection, Gabor Maté, Alfred A. Knopf, 2003

Twice, over the past couple of years, one of my co-workers suggested I read, *When the body says no* by Gabor Maté. So, while in Smithbooks looking for another book, I spotted this one. The author is a doctor in Vancouver. He describes, through many case histories, how the stress of repressed emotions (often since childhood) can be precursors to various chronic diseases such as cancer, ALS, ABS, MS, arthritis, etc. I found it a tough read but a useful caution about the ravages of unexpressed anger! As we all know, stress wrecks havoc on the immune system. Amazing what all those hormones are capable of. I must say, however, that it was refreshing to read a Canadian book in this subject area.

People News

Penni Chalk, a past president of OALT/ABO has just started a six-month temporary assignment within the Ministry of Finance, working as Project Librarian on the MOST project. (Modernizing Ontario's Systems of Tax Administration). Penni will be working out of the Oshawa location of the Ministry of Finance, and she is looking forward to her new position.

Lori Wood is the winner of the LOHANIA Regional Branch award for outstanding academic achievement upon graduation from the Mohawk College Library and Information Technician Program in 2004. Lori has been employed by the Whitby Public Library for more than 25 years. She started as a page when she was 17 years old. She has worked in Technical Services for many years and is now the Senior Technical Assistant. Cataloguing, collection materials ordering and data entry are some of the main responsibilities of her position. She also helps out in the Audio Visual and Children's Departments when needed. Lori also serves on the executive of the Whitby Public Library Staff association and is a member of the Health and Safety Committee. In her personal life, Lori is married with three children ages 21, 18 and 10, one rabbit and one fish.

2004 / 05 OALT/ABO EXECUTIVE

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