

# HLABC FORUM

---

## **HLABC ANNUAL GENERAL MEETING**

Friday June 1, 2001 at 5:30 Social 6:00 Dinner  
College of Physicians and Surgeons of BC—Clubhouse Room  
1807 W. 10th (at Burrard) Vancouver

**HLABC MEMBERSHIP RENEWAL**  
See Renewal Form on last page

# HLABC FORUM

---

## TABLE OF CONTENTS

### HLABC Executive

- President  
Cathy Rayment
- Vice-President Elect  
Lea Starr
- Secretary  
Pat Young
- Treasurer  
Shannon Long
- FORUM / Website  
Pat Boileau
- FORUM / Website  
Diane Helmer
- FORUM / Website  
Wendy Hunt
- FORUM / Website  
Mary-Doug Wright

President's Message.....	3
Forum Numbering Change .....	4
Meeting Dates .....	4
Editor's Message .....	5
Treasurer's Report.....	6
Meeting Minutes.....	6
Sexual Health Library—Sunny Hill .....	8
World Trade Organization.....	10
E-Book .....	11
Education Opportunity .....	12
Specialty Web Sites .....	13
Notes from the Afterlife.....	14
Renewal Notice.....	16

## PRESIDENT'S MESSAGE

President's Report May 2001

Being a tremendous procrastinator, I'm trying to write this just before I leave for the CHLA conference, and I'm having a hard time concentrating! I keep reviewing things to pack, rather than the events of the past year. It has been an interesting year, though, so I will persist.

This year saw the HLABC website go live thanks to many hours of effort on the part of Mary-Doug Wright. Another website, PHLiNCH also saw its debut, and the project that started as a little glint in Elizabeth Woodworth's eye has grown like Topsy. The Ministry of Health Library and HLABC created a proposal to provide access to the health knowledge-base not just for library staff, but for all health professionals in the province. The proposal met with interest from senior bureaucrats and was given second life as an application for funding from the Health Action Plan. As I write, the upcoming provincial election has put all new government spending on hold, so the proposal is temporarily on the shelf. I'm convinced that this is an idea whose time has come, and that the next executive will continue to work with Elizabeth to see this project to its conclusion.

HLABC has been grappling with the problem of inequities in access to the health knowledge-base for over a decade now. Our submission in 1990 to the Royal Commission on Health Care and Costs proposed that a health information network be set up to serve the health professionals of the province. (This was in the days before the term end-user had been coined, so we were talking about a network of people and libraries.) The final sentence of our submission was "HLABC believes that expanding access to health sciences information is a cost-effective way of providing better health care to British Columbians." Sounds familiar doesn't it?

What else happened this year?

- ◆ HLABC hosted the MLA Satellite Teleconference "The effects of e-journals on your library" on November 15<sup>th</sup> for thirty-plus participants, and then when the broadcast pickup failed, later hosted a presentation of the teleconference video for fifteen members. The video has since made its way to members around the province, and is currently being viewed by member libraries in the Lower Mainland.
- ◆ We conducted a survey of the membership to assess interest in pursuing the development of a union book catalogue. There was very little response to the survey, and the executive took that as an indication that the idea didn't warrant pursuit at this time.
- ◆ Wendy Hunt and Pat Boileau produced our first electronic edition of the Forum – truly appropriate as the first issue in the new millenium!
- ◆ Two high-profile librarians, Catherine Quinlan of UBC, and Paul Whitney of the Burnaby Public Library gave talks at the October and February evening meetings.
- ◆ A first-ever brunch meeting in December attracted the largest attendance at a general meeting in recent memory, and will undoubtedly be tried again next year!
- ◆ HLABC membership broke the 90 barrier, with 91 regular members, and one lifetime member. A second lifetime member has been nominated, and Pat Lysyk henceforth will join Bill Fraser in these exalted ranks!
- ◆ Finally, Lea Starr and Jim Henderson organized a full-day CE offering, "Strategies for Improving and Evaluating Health Information Outreach" for our annual general meeting day, June 1<sup>st</sup>, 2001.

This has been an exciting year for HLABC, and I would like to thank the current executive for all their hard work. This truly is an organization we can be proud of, and I think our growing membership reflects that.

Cathy Rayment

*PHLiNCH—started  
as a little glint in  
Elizabeth Woodworth's  
eyes has grown like  
Topsy*

# FORUM NUMBERING SYSTEM— CORRECTION

**\*\* Forum numbering system correction**

The correct volume/issues are:

- Dec. 1999 - should be v.23 no.4
- Feb. 2000 - should be v.24 no.1
- May 2000 - correct as is - v.24 no.2
- Sept. 2000 -should be v.24 no.3
- Nov. 2000 - should be v.24 no.4
- Feb. 2001 - should be v.25 no.1

# MEETINGS DATES

Date	Time	Location
Thursday October 12, 2000 way,	7:00 pm	VRHB Library 1195 W. Broad- Suite 228
Saturday December 9, 2000 way	10:00 am	Picasso Café 1626 West Broad-
Wednesday February 28, 2001 way,	7:00 pm	VRHB Library 1195 W. Broad-  Board Room
Friday June 1, 2001 AGM geons	5:30 pm Social 6:00 pm Dinner	College of Physicians & Sur- BC—1807 W 10th (at Burrard), Vancouver

*AGM—Friday June  
1st.*

## EDITOR'S MESSAGE

Pat Boileau  
Wendy Hunt  
HLABC FORUM co-editors



It has been quite a year for the Forum.

- Decide that two heads are better than one
  - Wendy Hunt & Pat Boileau decide to co-edit Forum
  - Share work, ideas & responsibilities
- Purchase Micro Soft Publisher
  - Standardize the look of the Forum
  - Decide to go with regular columns & themes
  - Professional look & feel to publication
- Time to go electronic
  - Publish the Forum in .pdf format on the HLABC web site
  - The digital road can be bumpy, but we shall persevere
  -
- Regular columnist Elsie Wollaston a hit with *Notes from the Afterlife*

Wendy is passing on her editor's cap to Shelley Hourston from the BC Coalition of People with Disabilities Wellness & Disability Initiative/AIDS and Disability Action Program. We would like to thank all the members who wrote for the *Forum* and invite everyone to plan for next year.

# TREASURER'S REPORT

Health Libraries Association of B.C. -- General Meeting February 28, 2001

Current HLABC Assets:

Chequing/Savings \$3964.05

Bond fund \$1351.07

Total \$5315.12

HLABC Membership as of February 2001: 95

**The HLABC Membership Renewal Form for the period of June 1, 2001 – May 31, 2002 can be found on page 16.**

## MEETING MINUTES

### Health Libraries Association of British Columbia General Meeting February 28, 2001

In attendance: Charlotte Beck, Lee Perry, Margaret Price, Pat Boileau, Shannon Long, Jim Henderson, Tracy Havlin, Wendy Hunt, Shona Lam, Lea Starr, Sue Abzinger, Cathy Rayment, Pat Young

Meeting called to order, 7:10 pm.

1. Minutes of previous meeting, December 9, 2000 accepted.
2. President's Report - Cathy Rayment
  - E-journal video showing on February 2 was successful, with 17 in attendance. The video is now being circulated to various libraries in BC.
  - CistiSource. There was insufficient interest and lack of a suitable venue for an additional session. The UBC session will go ahead as scheduled, for UBC folks only.
  - Union Catalogue. DBTxt users expressed some interest in this but there is insufficient interest at this time to warrant further development.
  - Jane Price. Today was her last day at work. Good wishes to her!
3. Treasurer's Report - Shannon Long
  - HLABC's membership is at 95!
  - Unexpected cost for room rental was incurred by the e-journal session
  - The inaugural issue of the e-version is up! To get there, many hands were involved: paper version from Pat Boileau to Wendy, Wendy and Lance Nordstrom scanned & downloaded to disk, then the disk to MaryDoug. There's some tweaking needed, to enlarge the print, change the banner colour, etc. but the overall consensus was highly favourable.

*HLABC membership  
count—95*

*...some tweaking  
needed...but the overall  
consensus was highly  
favourable*

5. Continuing Education/Programme Committee - Lea Starr
  - There are 3 possibilities for CE programmes: Outreach Evaluation, Teaching the Older Adult, and a PubMed update. Jim Henderson attended the Evaluation course in Seattle, and said it was very useful, for evaluation of library programmes in general. Interest in this course has been expressed by HLABC members, but the other courses would be of interest too. Lea will pursue the ideas, and perhaps send an email survey out to the list.
  
6. CHLA Board Liaison Report - Cathy Rayment for Patricia Fortin
  - The program for the CHLA Conference in Quebec City will be available in early March. All HLABC members will be sent programmes.
  - Cathy has volunteered to run as President-Elect for CHLA.
  
7. MOH/HLABC funding initiatives
  - Elizabeth Woodworth continues to seek funding for the Knowledge Project. The upcoming provincial election will have an impact on its funding. She suggests HLABC members prepare letters of support and information about online budgets from individual institutions, as these could prove cost-savings from the MOH/HLABC proposal.
  - UBC has submitted a similar proposal. Margaret Price presented information on UBC's initiative with the Teaching Hospitals and its proposal to expand this to other UBC affiliates. Catherine Quinlan has been working with Barry McBride and most recently, Aubrey Tingle, on a proposal to expand knowledge resources to all health-related professionals throughout BC. For now, only the HLABC initiative is fully developed and actively seeking funding.
  - Jim Henderson provided an update on the National Network for Medical Libraries. A business plan will be completed in March. The National Network does not follow the US NLM model; instead, it will reflect the Canadian healthcare system. It will include teaching by CISTI, funding of full-text resources, and national coordination of provincial activities.
  
8. New Business
  - Charlotte mentioned the latest UBC ILL charges as per her email sent out today to the listserv. Requests coming in via DOCLINE will be charged the rate consistent with the BC Post-Secondary libraries, eg:
    - book: mail or courier paid by UBC \$9.00
    - article: Ariel or courier prepaid by requestor \$7.50
    - article: mail or courier paid by UBC \$9.00
  - Discussion ensued regarding Docmorph, Docviewer, etc..
  
9. Guest Speaker: Paul Whitney, Chief Librarian, Burnaby Public Library.

Meeting adjourned at 9:20 pm.

# THE SEXUAL HEALTH LIBRARY AT SUNNY HILL SEXUAL HEALTH RESOURCE CENTRE



Children and young people with disabilities are often confronted with attitudinal barriers, isolation and lack of information about their sexual development and sexual being. This can lead to increased isolation, health risks and vulnerability to sexual assault. The Sunny Hill Sexual Health Resource Centre was established in 1994 in a response to these issues. By maintaining a provincial resource library and providing education throughout the province the centre strives to support healthy sexual development and decrease the incidence of sexual abuse for children and young people with disabilities.

## **Where is this library and what's in it?**

First we should clarify what sexual health is all about. Sexuality education and information addresses a number of topics such as private and public, touch and boundaries, social skills, relationships, puberty, sexual activities, decision making, health and safety. Lessons about private and public start as early as toddler or pre-school age and provide the foundation of life long lessons pertaining to sexuality, healthy sexual development and appropriate social skills. Being informed of one's body, sexual development and privacy rights are essential when it comes to making healthy choices and being more resistant to harm and sexual abuse.

The library is located at Sunny Hill Health Centre for Children in Vancouver and is a part of the Sexual Health Resource Centre. (Previously known as the Sexual Health Resource Network). The library contains books, videos, journals, reference articles, board games, curricula and various educational props and materials pertaining to sexuality and disabilities. Age appropriate information and unique learning abilities for persons with disabilities are considered when selecting resources for this unique library. An effort is also made by the sexual health library to seek out very specific materials and props to accommodate a number of communication barriers and alternate learning styles experienced by some disabled individuals.

## **Who can use this library?**

Resources are loaned to persons with disabilities and their families, care-providers and professionals working in the field. The loan is free of charge and can be arranged in person, by phone or mail. Return postage is included

Our most frequent users are teachers and educators. Resource teachers and others providing special education often access our resources to complement their family life sessions or life skills classes at school. Parents and primary care givers are our second greatest user. We greatly support and want to encourage families to use the library as we believe sexual health education is most effective and more meaningful when family values are included. Understandably, disability associations are the third in line for users and again are encouraged to call upon us often.

## **A glimpse of some recent and new additions to the library**

### ❖ ***Anatomically correct dolls.***

These dolls are user friendly and available in both male and female gender for three different stages of development: child; adolescent and adult. To mention just a few possibilities, the dolls can be used to facilitate teaching and learning sessions about public and private body parts, puberty, hygiene, menstrual care, and social skills. Practitioners and counselors may also use the dolls to assist in physical examination or disclosure of abuse.

*Our most  
frequent users  
are teachers and  
educators*

❖ **New Games**

Games have become an increasingly important part of the resources available through the centre and are in high demand for teaching self-care, social skills and behavioural skills. Here's a glimpse: The Sad Glad Game, Looking Good, Learning to Improve Your Appearance, Learning to Get Along with Other People, Learning How People Should Act, The Good Behaviour Game and The Circle of Friends Game.



❖ **Picture Story Books for Readers and Non-readers: Kindergarten to Grade 12**

These books offer a series of short picture stories accompanied by PIC Syms

to illustrate appropriate social and communication skills. The books help address topics that can be somewhat challenging at times, such as greetings, interrupting, social space, nose picking, and self touching.

**The Library is open from  
9:00 AM to 4:00 PM  
Monday - Friday**

**We welcome drop in visits but suggest making an appointment to ensure that adequate assistance is available.**

**How To Reach Us**

**\* Mail**

Sexual Health Resource Centre  
3644 Slocan Street  
Vancouver, BC V5M 3E8

**Phone:**

Sunny Hill Health Centre for Children  
(604) 453-8300  
Library extension: 8217

**(Phone:**

Sexual Health Resource Centre  
Toll free: 1-800-331-1533  
Reception: (604) 453-8335

**Fax:**

(604) 453-8390

**Web-site:**

[www.cw.bc.ca/sunnyhill/sexhealth](http://www.cw.bc.ca/sunnyhill/sexhealth)

## THE WORLD TRADE ORGANIZATION AND YOUR LIBRARY

Wendy Hunt reporting on Paul Whitney's talk to HLABC

Are libraries about to be flattened under the steamroller of international trade agreements? WTO, GATS\*: how can trade agreements being hammered out in international backrooms affect libraries, big and small, at home? Aren't libraries a "public good"? Budgets may be tight, but is anyone questioning libraries' purpose and right to exist?

Ponder this: what if a consultant can deliver information services at a cheaper rate than libraries? What if a book/music/entertainment conglomerate asserts that public funding of public, school or university libraries is an unfair subsidy? What if a "free" Amicus is unfair competition for companies offering the same service? What if international trade agreements override legislation of municipal, provincial, or national governments, or make it possible for private companies to sue government? Should publishers and media producers have the right *not* to sell to libraries or to restrict lending rights, because libraries lend materials and lending violates their contract? In effect, contract law superceding copyright law, commerce dominating democratic institutions.

It's hard to imagine such extreme outcomes. **Paul Whitney**, Chief Librarian of Burnaby Public Library and member of the IFLA Copyright and Other Legal Matters Committee, points out that, while libraries are not high priority for WTO representatives, libraries and their patrons will eventually live with the same rules designed for the cultural industries. Even though "culture" is aimed at big ticket items, such as movies, music and the new media, and "intellectual property" refers to genetically modified foods and drug patents, the values behind these decisions will change the context within which libraries operate, and on a larger scale, the public service in Canada.

Can't citizens depend on Canadian representatives to protect cultural diversity, fair use in copyright law, and the role of the public sector? Trade negotiations cover a wide variety of industrial and service sectors: agriculture, forestry, people, as well as healthcare, education and culture. And all these groups lobby; their representatives lobby governments at all levels and attend WTO meetings. WTO negotiations occur at a high international level, and as in any set of negotiations where give and take is the game, low priorities are traded off in favor of more important goals. As for the negotiations themselves, it is not a level playing field. Not all the representatives are equally prepared or funded, and the biggest get more of what they want.

Will Canadian culture will become a bargaining chip? Paul confirmed that few countries are ready to stand with Canada and argue in favour of cultural protection. France is alarmed by the new media, while most developing countries see no threat. The United States believes that culture is entertainment, and entertainment is just business as usual. Homogenization of indigenous culture? For the WTO, cultural industries produce commodities; there is no regard for non-commercial values or the intrinsic value of the content.

Libraries speak in favour of traditional values: a balance in copyright law between creators and consumers (readers, move over); primacy of copyright law over contract law when conflict arises; the right to read; the right to lend; protection of the public domain in copyright law; and the right to privacy (the consumer's right to privacy versus the producer's right to know who uses the product).

By necessity, this is an abbreviated version of what Paul covered on a complex issue. To find out more, visit the BCCLA Information Policy Committee website at <http://www.vcn.bc.ca/bcla-ip/>

\*WTO = World Trade Organization

GATS = General Agreement on Trade in Services

*Is anyone questioning  
libraries' purpose and  
right to exist?*

## E-BOOKS: TRANSFORMING THE WAY WE READ, THE WAY WE PUBLISH

First of four sessions in the Canada Wide Magazines Evening Lecture Series  
At Simon Fraser University at Harbour Centre, March 22

### Panel Members:

Julie Blackwell, Microsoft Customer Marketing Representative of eBooks

John Hudson, type designer whose company, Tiro Typeworks, specializes in custom font solutions

Kevin Williams, executive vice-president and publisher of Raincoast Books

What is an electronic book? The formats vary from Microsoft's Reader ("anywhere on any device") to the Adobe Acrobat format to specialized software such as from the National Academy Press. The panelists agreed that this application is yet in its infancy and growing fast.

Even though ebooks have the familiar page layout of its paper parent, expect more functionality: bookmarks, highlighting, notations, embedded links, dictionaries, etc. As a software producer, Microsoft is working to improve readability and ensure that the business functions of online distribution and payment are secure. Julie Blackwell says that consumers will soon be able to choose from more content and more devices offering a range of price and feature trade-offs.

John Hudson finds that ebooks are primitive in regards to their design options. There is a fixed page size, minimal typographic control and little choice in layout compared to the sophisticated design options available for the printed page. Currently, Adobe Acrobat offers more design control, while Microsoft Reader has more functionality. He hopes that the next step will combine functionality with greater design freedom.

Kevin Williams believes copyright is an extension of "property law, a fundamental building block of civilization." Authors and publishers need to be paid for their efforts in order to support a vibrant publishing industry. That being said, he chuckled that few publishers or authors are "in it for the money." They are driven by the "cultural imperative," making culture rather than money. Currently, printed books dominate the contractual agreements between publishers, authors and other media producers. Although ebook rights fall into the same secondary category as movie or paperback rights, they may become the primary right. Will electronic delivery eliminate the "middle man" between author and reader? Kevin thinks not. As he points out, publishers do many things that authors are not interested in taking on: editing, sales, distribution, and collection of outstanding debts. Publishers put up the money to do all this and then assume the risk that a profit will be made.

And readers? The content they have bought access to will be under tighter control: no downloading your copy onto a friend's reader; no, or limited, printing ability, no second-hand sales. Libraries too will feel the pinch: rather than buying a book with unlimited loans, there will likely be a purchase of limited loans, and when those are used up, another purchase of limited loans.

Will the consumer benefit by lower prices? Kevin Williams speculates that prices may drop, maybe even by as much as 30%. However, if electronic journals shine a light into the future, the answer is "no."

Wendy Hunt

Download Microsoft's Reader from Amazon.com:

[http://www.amazon.com/exec/obidos/subst/books/ebooks/ms-reader-dodownload.html/ref=b\\_bh\\_r\\_b\\_ebkr4/102-5712001-8375338](http://www.amazon.com/exec/obidos/subst/books/ebooks/ms-reader-dodownload.html/ref=b_bh_r_b_ebkr4/102-5712001-8375338)

National Academy Press <http://www.nap.edu/>

*Ebooks are primitive in regards to their design options*

## STRATEGIES FOR IMPROVING AND EVALUATING HEALTH INFORMATION

An HLABC Continuing Education Opportunity

This workshop represents the tips of a flotilla of icebergs:

- The massive and growing importance of giving a voice to our users in directing the development of our services.
- The broader applicability of the course content beyond outreach to all of our libraries and, indeed, to the implementation of new services in organizations generally.
- The many years of effort of the Seattle group, working with NLM, and consultation with a variety of experts on both the transfer of research into practice and on evaluation. These experts include recognized international experts both outside (Everett Rogers) and within (Joanne Marshall) the library community.

The instructors of this course have become experts, as recognized through the new Regional Medical Library contracts just let from NLM, designating the University of Washington as “a new National Outreach Evaluation Resource Center”.

So, if you want to learn an important topic in an excellent, local learning environment, this workshop is for you. As well as solid content and instructors both expert on the topic and in teaching, you will receive a substantial (130 page) text / workbook designed for continuing self-instruction and implementation after the workshop. This is your opportunity to learn necessary evaluation skills to improve your program and services at a bargain price.

Instructors: Catherine Burroughs and Maryanne Blake  
National Network of Libraries of Medicine, Pacific Northwest Region  
Health Sciences Libraries and Information Center, University of Washington

Date: Friday, June 1st, 8:00 am - 4:30 pm

Location: Medical Library Service, College of Physicians and Surgeons  
1385 West 8th at Hemlock, Vancouver

Maximum: 20 participants

Further information: Lea Starr (604) 331-4115 leasta@chn.vpl.vancouver.bc.ca  
Jim Henderson (604) 733-6671 jimh@mls.cpsbc.ca

## SPECIALITY WEB SITES

### Privacy Commissioner of Canada

The Commissioner is an advocate for the privacy rights of Canadians

[http://www.privcom.gc.ca/index\\_e.asp](http://www.privcom.gc.ca/index_e.asp)

### AmericasCanada.org

Canada's leading online source for information about the social, cultural, political and economic issues and events that bind the 34 democratic countries of the western hemisphere.

<http://www.americascanada.org/about/menu-e.asp>

### rabble.com news for the rest of us

An interactive online magazine. Not only do we produce original journalism, but we also link to a wealth of material exploring social change.

[http://www.rabble.ca/about\\_us/](http://www.rabble.ca/about_us/)

### Democracy Watch

Democracy Watch works with Canadian citizens and organizations in pushing Canadian governments and businesses to empower Canadians in their roles as voters, citizens, taxpayers, consumers and shareholders. Our aim is to help reform Canadian government and business institutions to bring them into line with the realities of a modern, working democracy.

<http://www.dwatch.ca/>

### WTO Watch

The Trade Observatory on WTO, Globalization, Trade and Sustainable Development

<http://www.wtowatch.org/>



### Canadian Centre for Policy Alternatives

An independent, non-profit research organization, funded primarily through organizational and individual membership. It was founded in 1980 to promote research on economic and social policy issues from a progressive point of view.

<http://www.policyalternatives.ca/>

### Canadian Centre for Policy Alternatives—BC Office

In order to provide greater balance to public policy debates in the province, the CCPA established a BC Office in January 1997.

<http://www.policyalternatives.ca/bc/index.html>

### Independent media center

Indymedia is a collective of independent media organizations and hundreds of journalists offering grassroots, non-corporate coverage. Indymedia is a democratic media outlet for the creation of radical, accurate, and passionate tellings of truth.

<http://www.indymedia.org/>

*If you know of an outstanding web site, contact Pat Boileau.*

## NOTES FROM THE AFTERLIFE

*Our series on retirement and/or career change goes into interview mode. Editor Elsie Wollaston asked former UBC medical librarians Florence Doidge and Stephanie (Dykstra) McGregor-Greer how they've adjusted to their first year of being "voluntarily jobless".*

**No matter how prepared you think you are for life after work, it often brings some surprises. Did you discover things you weren't ready for?**

**F:** On the down side, some days can be rather too much like work, and others not enough. My plans can still be trashed by equipment breakdowns -- except these days it's the hot water tank instead of the copy machine! And nothing can ever quite replace the enthusiasm, companionship and humour shared with library users and co-workers.

But it's wonderful to have the freedom to just drop worthy projects like clearing the basement when enthusiasm dwindles, and instead meet friends for lunch, head to Cypress Bowl for cross-country skiing on a sunny weekday, volunteer to help on a political campaign, or attend daytime concerts and lectures.

**S:** Positive discoveries: finally, a good night's sleep! No 5:45 a.m. alarm (I rarely use my alarm clock any more). No hour-long drive to work in rush hour traffic, then the same again after a busy day. No more library politics, technological stress, and the constant pressure to cut, rather than build, resources and services. Time to read the paper over a leisurely cup of coffee (I still feel a slight twinge of guilt). How did I have time to go to work?

Less positive: our decision to move to the Island involved significant expenses, as did some unexpected problems with our sailboat right in the middle of our first long post-retirement vacation. Beyond that, I miss the friendly banter with fellow librarians and the pleasure that came from helping a patron successfully solve a problem. I now value the feeling we had at work, that one can sometimes make a difference.

**Have you noticed any changes in your physical or mental health that might be connected to retirement?**

**F:** I especially enjoy long daily walks along the beach, or heading to Granville Island or downtown on foot rather than by car. It's satisfying to find that for days at a time now I don't need to use a car at all.

**S:** More relaxation and, finally, enough sleep means far less stress. Like Florence, my husband and I do more walking too -- only I don't seem to have lost any weight yet!

**What have you been doing with your new found free time?**

**F:** Besides what I've already mentioned, I enjoy activities and get-togethers with family and other visitors, especially as no time trade-offs are involved now. I still have the hours and energy left to pursue my own interests too. I recommend this lifestyle without reservation!

*How did I have time to go to work?*



*Health Libraries Association of BC*

**S:** Other than spending most of last summer on our sail boat, I've done a fair amount of work as membership secretary for our sailing group. While in Victoria for one of their meetings, we did some house hunting, and to cut a long story short, we moved to Sidney area in mid-February, after spending two hectic months packing and clearing out our former house in Delta. Now we're pretty well settled in, and it's already time for sailing again. It's good to see more of my elderly mother now that we're just a few miles from her, and as we're also close to the ferry terminal, we can pack up and deliver visiting children, grandchildren and friends. We're enjoying more movies than ever before, as Sidney has a great little cinema where we get in for \$5

**What are you looking forward to most in the coming year?**

**F:** At the end of this summer my husband is retiring too, and we're looking forward to our first home exchange in September, with some people from Paris.

**S:** Besides another summer off cruising, there seems to be no end of things that we could get involved with here: yacht club, strata council, newcomers' group, bridge, walking, volunteering and theatre, to name just a few. We'll need to pace ourselves. Travel next winter is a possibility -- Costa Rica appeals to me.

**If you had one piece of advice for *Forum* readers looking ahead to full or partial retirement, what would it be?**

**F:** Have some projects and plans ready, but be prepared to take time for the luxury of just enjoying unexpected daily pleasures.

**S:** Unless work is your life, consider cutting back to part-time or taking full retirement as soon as it makes anything like reasonable sense financially. (One never has **enough** money.) Nobody is indispensable at work, and it's better for your physical and emotional health to feel you're doing what you personally enjoy while you're still able to. Filling the time will never be a problem.

---

**Reminder: the "Afterlife" series is interested in all stories about life after health librarianship. If you know someone who switched careers, took a break to do something different, or otherwise changed direction, call Elsie at (604) 684-3036 or e-mail her at <elbruijn@interchange.ubc.ca>.**

**Health Libraries Association of BC  
Membership Renewal Form  
For the period of June 1, 2001 – May 31, 2002**

Place address label here

Please make any corrections to your mailing address on the label



Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Website: \_\_\_\_\_

Fees for 2001/2002 are \$20.00 (regular) / \$10 (student – 2 years maximum)

**\*Make cheque payable to Health Libraries Association of BC\***

Please send fees and completed form to:

**Shannon Long, HLABC Treasurer**  
c/o Library, Richmond Hospital  
7000 Westminster Hwy  
Richmond, BC V6X 1A2  
Phone: (604) 244-5165 Fax: (604) 244-5524  
E-mail: shannon\_long@rhss.bc.ca

I prefer to access the HLABC Forum:

- over the internet (Adobe pdf format)
- receive a printed copy through the mail

I wish to participate in the following committee(s):

- Hospital Libraries
- Resource Sharing
- Forum
- HLABC Website
- Continuing Education
- Programs

Are you a member of the Canadian Health Libraries Association? Yes No