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Who Moved my Chi?

By: **JoAnn Krzeminski**, Senior Information Resource Specialist,
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“Feng Shui for the Library” is the topic of the 2006 summer luncheon program. For those of us new to Feng Shui, it may help to have a brief introduction to this interesting art. Feng Shui (pronounced “fung schway”) provides guidance on how to create living spaces in which we feel comfortable and positioned to our best advantage. It focuses on the placement or arrangement of objects within a space so that they properly support the natural flow of energy. Many of its principles are very practical and may already be followed without us even realizing it. For example, it is considered good Feng Shui to position yourself in a room where you face the entrance and can see who enters and exits. Naturally, you will feel more at ease and in control of the space. In its most basic definition, Feng Shui offers advice on how to live in harmony with our environments, which can include anywhere from a home, to a garden space, to an office space, and yes, even a library.

While Feng Shui might seem like a new age fad, its use actually dates back at least 3000 years to ancient China where it was first used to determine the best places to situate tombs. Later, Feng Shui was used to locate the best sites for building palaces, monuments, and even designing entire cities. The words Feng Shui mean “wind” and “water”. It was through wind and water that early practitioners sought to control the movement of chi (or qi) – a basic principle behind Feng Shui. In traditional Chinese thinking, chi is the energy or life force of all animate objects. Chi is believed to move and flow through a space like water. The purpose of Feng Shui is to create environments in which chi flows smoothly, not too fast and not too slow. If the flow of chi is sluggish or gets stuck, problems will occur in life. In traditional Chinese medicine, acupuncture is believed unblock the flow of chi when it gets stuck within the body. Alternately, when chi flows smoothly through an environment, its occupants will be have a positive outlook and enjoy an easy passage though life.

Naturally as Feng Shui becomes more popular and westernized, misconceptions are attached to it. To clear up a few, Feng Shui is *not* about superstition and it is *not* a religion, although some



religions may use it. Feng Shui is a philosophy that can be practiced by anyone within any culture.

There is much more to Feng Shui than can be covered in this short article. If you are interested in learning more, check out a few of these resources:

Chin, RD. (1998). *Feng Shui revealed*. New York: Clarkston N. Potter.

Kennedy, DD. (2000). *Feng Shui for dummies*. New York: Hungry Minds.

Smiling Bamboo - Feng Shui Information

Resource: <http://www.smilingbamboo.com>

World of Feng Shui: <http://www.wofs.com>

Start to Feng Shui Your Office on a \$40 Budget

By [Nandita Mani](#), Coordinator for Consumer Health and Education/Senior Information Resource Specialist, Henry Ford Hospital, Sladen Library

Feng Shui is the Chinese art of placement and design of objects in nature, to balance ones environment and produce a sense of harmony. Since a great deal of time is spent in the workplace, it is essential to create an environment that harnesses positive energy, which can be done using Feng Shui.

The first thing one must do prior to incorporating Feng Shui is to determine the Chinese astrological sign, associated element and magic number (kua number). These elements can be determined by referring to a resource such as 'The Practical Encyclopedia of Feng Shui' by Hale (2000). Once these elements have been determined, there are a few modifications that can be implemented. One simple change is to determine which direction one should face in their workspace, based upon ones 'magic number', or kua. For example, if ones magic number was 1, 3, 4, or 9, the direction in which one should face is North, East, Southeast or South. On the other hand, those with a magic number of 2,5,6,7 or 8 would be best suited towards the Southwest, Northwest, West, Centre or Northeast. Changing the direction in which one faces ensures that the most positive influence will be prevalent.

According to Hale (2000), libraries and archives are ideal when located in the North, due to the symbolic nature of communication activities and storage. Even when a renovation of library space is not feasible, there are some basic Feng Shui principles that can be incorporated which can

bring about a more positive work environment. First, one must ensure that signs posted in the library are clear, contain the proper use of color, and are large enough for patrons to view from any vantage point. Second, allow for as much natural light to penetrate the office/working area, and if at all possible, let fresh air into the working area so as to prevent feelings of lethargy. Third, place plants and art work in the library to introduce vibrant color, life and energy into the atmosphere.

Desk positions are another aspect of the workspace that can be altered without too much difficulty. Ensure that ones back is not facing a window and that ones desk is not directly situated in front of the main entrance to an office. Ensure that the workspace is not cluttered with too much paper or other materials; in essence, keep what is required and remove what is unnecessary. The less cluttered your workspace; the greater chance of positive energy will be harnessed.

To implement Feng Shui in an office area using a \$40 budget can be rather challenging. Simply purchasing items and placing them where there seems to be room is not following Feng Shui principles. The placement of items will not necessarily be the same for everyone. Feng Shui is all about the placement of items based on ones own astrological sign, which is why determining the astrological sign for ones given birth year and kua number is essential to starting the Feng Shui process.

Here are a few items that can be purchased which will help create a calm and productive environment:

1. A desk size '**waterfall**'. Water has a soothing effect on the nerves and the sound of water trickling down is calming in its own right.
2. **Plants** are always a pleasure to incorporate as they bring life and color to any atmosphere and clean the air we breathe. Plants symbolize life and the growth of living things.
3. Incorporating artistic expressions in the hallway or waiting areas brings color and life to our office area. **Art** enhances the senses, improves our creativity and provides a calming effect.
4. **Desk organizers** are good to purchase so less clutter exists on the actual workspace in which one works. Clutter has the tendency to take energy away from ones environment.
5. **Computer wire bands** are always nice to have to ensure that wires are not sprawled on either the desk or floor. These wires will help attain a neat workspace.
6. Incorporate a **picture** on your desk or a small **bouquet** of flowers. Personalizing ones workspace can brighten ones mood and create a calm and positive environment.

The items listed above can help make a workplace more positive and bring a sense of serenity to ones environment. Enjoy implementing and learning about Feng Shui. May your experience with Feng Shui bring you great joy and harmony to your life.

Barrett, J., & Coolidge, J. (2003). Feng Shui your life. New York: Sterling Pub.

Beattie, A., & Clapp, L. (2003). Feng Shui garden design : creating serenity (1st ed.). New York : Periplus Editions: North Clarendon, VT.

Brown, S. (2000). Practical Feng Shui solutions. London : Cassell & Co.: New York.

Brown, S. (2002). Feng Shui in a weekend : transform your life and home in a weekend or less. London: Hamlyn.

Hale, G. (2001). The practical encyclopedia of Feng Shui. London: Hermes House.

Hale, G. (2002). The practical encyclopedia of Feng Shui : using the proven power of Feng Shui as a key to modern living. London: Lorenz.

O'Brien, S. (2002). Feng Shui in the home : creating harmony in the home (1st ed.). Boston, Mass.: Periplus.

Roberts, S. (2001). Fast Feng Shui : 9 simple principles for transforming your life by energizing your home. Kahului, HI: Lotus Pond Press.

Rosbach, S. (2000). Feng Shui : the Chinese art of placement. New York: Penguin/Arkana.

Rosbach, S. (2000). Interior design with Feng Shui (New expanded ed.). New York: Penguin/Arkana.

Skinner, S., & Lambert, M. (2000). Feng Shui for modern living. North Pomfret, Vt.: Trafalgar Square Pub.

Stasney, S.(2004) Feng Shui your work spaces. New York: Sterling Pub.

Woods, P. (2002). Gardens for the soul: designing outdoor spaces using ancient symbols, healing plants, and Feng Shui. New York: Rizzoli.

Wydra, N. (2000). Feng Shui goes to the office : how to thrive from 9 to 5. Lincolnwood, Ill.: Contemporary Books.

Wydra, N. (2001). Feng Shui for children's spaces : a parent's guide to designing environments in which children will thrive. Lincolnwood, Ill.: Contemporary Books.

Wydra, N., & Baigelman, L. W. (2003). Feng Shui principles for building and remodeling: creating a space that meets your needs and promotes well-being. Chicago: Contemporary Books.

President's Corner: Strength in numbers. Step forward for MDMLG.

Diana Balint, MDMLG President, Library Manager, Oakwood Southshore Medical Center

The entire profession of librarianship enjoys the single greatest strength of networking; commiseration. Although 'Webster's II' defines commiseration from the Latin, 'commiserari' which means 'pity with the wretched' the literal meaning is too harsh (although one might feel pretty wretched on a Friday after a tough week).

What we have at MDMLG is commiseration with our colleagues; all of us struggling with the same budget cuts, personnel issues, uncertainties, and stressful situations inherent with our chosen professions.

When you attend an MDMLG meeting, you can interact with someone who has been down the path before you. They can give you insights or cautions or just a sympathetic ear to your library issues. It happens all the time.

At the recent CE class in March, we were happy to have academic librarians from Oakland University and Wayne State's Law Library, and public librarians from Oakland County Library attend the class. When you spoke to them, it was the same story of issues we face. They had the same concerns we have.

There is even a greater example of librarians networking to help each other in the decision by the American Library Association to move forward with their annual conference in New Orleans this June. More than 25 major conventions bailed from New Orleans after Katrina but the ALA kept their contracts, polled their members (who gave overwhelming support) and will now be the first major convention in New Orleans post-Katrina. ALA has even scheduled two volunteer days of physical labor for those librarians wishing to help libraries in the city. Over 500 attendees volunteered!

We can be as strong as ALA by participating in MDMLG activities.

Keep attending the MDMLG meetings and classes. We are there for you and a valuable resource in your career. Support MDMLG by coming to the meetings and stepping forward for an officer position or helping on a committee. By volunteering for a committee, you can gain valuable insights into the workings and politics of our organization and you can then decide to get involved and help. The rewards are great and the friendships lasting!

Time Management

By **Patty Scholl**, Medical Librarian, St. Joseph Mercy Oakland Medical Library

An article on time management caught my eye last summer. It lauded the accomplishments of a writer named Dennis Hensley. He is the author of "How to Manage Your Time", 44 other books and 3,000 articles. He has a PhD and is also a professor of English and writing at Taylor University in Fort Wayne Indiana.

This time management guru has many suggestions on how to accomplish more in your life. He suggests breaking up the 24 hour day into segments: 8 hours for work, 8 hours for sleep and 6 hours for whatever you like to do. That allows 2 hours a day to be devoted to a special project that is important to you. He calculates that after one year, a total of 480 hours will be devoted to this goal. Although he makes no mention of the discipline required to stay focused on a plan such as this, he does issue a warning that watching television and surfing the internet are indeed "time-wasting activities."

His suggestions for making the most of your time:

- Get rid of clutter in your home and office. You will be able to locate what you need more easily.
- Set goals and try to do at least one thing a day that gets you closer to accomplishing those goals.
- Hire someone to do the tasks that take you away from focusing on your goals.
- Discover your peak hours of productivity and utilize them for your most important work
- Always have something to read for times when you are waiting in lines or for appointments.
- Plan for relaxation during free time. Reading, exercising, socializing with family and friends and power naps are good ways to unwind.

Hensley, D.E. (1990). *How to Manage your Time*. Anderson, IN: Warner Pr.

[Taking control of your job](#). *The Health Care Manager* 24.1 (Jan-March 2005): p1(2).

Frings, Christopher S. [Saying "no" effectively](#) (addressing management issues). *Medical Laboratory Observer* 37.1 (Jan 2005): p42(2).

Frings, Christopher S. [Time management tune-up](#). *Medical Laboratory Observer* 33.2 (Feb 2001): p24.

Abernathy, Donna J. [The get-real guide to time management](#) (includes related articles on training resources and training experts). *Training & Development* 53.6 (June 1999): p22(5).

Internet Librarian Conference Report

[Alexia Estabrook](#), Information Services Librarian, Helen L. DeRoy Library, Providence Hospital

Mid-fall 2005 found me in Monterey, California – the home of James Steinbeck and, for the next four days, librarians from all across the country. The reason for the gathering was the 9th Annual Internet Librarian Conference, hosted by Information Today, Inc. I was able to attend the conference and a pre-conference workshop due to a generous grant. This project was funded in part with federal fund from the National Library of Medicine, National Institutes of Health, under Contract No. NO1-LM-1-3513.

The Internet Librarian conference is ” the ONLY conference for information professionals who are using, developing, and embracing Internet, Intranet, and Web-based strategies in their roles as information architects and navigators, Webmasters and Web managers, content evaluators and developers, taxonomists, searchers, community builders, information providers, trainers, guides, and more.” (<http://www.infotoday.com/il2006/>). Librarians and information professionals from all

types of libraries come together to learn, collaborate, network and converse about all things Internet and library related. Regardless of what type of library we hail from, be it corporate, medical, public, academic or school, we all have something in common – the love of all things Web.

The theme of the Internet Librarian 2005 conference was *Shifting Worlds*. “It has been 10 years since the last major technological sea change when the Web rocked our world. Not just the information world, but also those worlds at the very roots of our lives – the places and spaces where we work, learn and play. All indications point to very dramatic and dynamic changes in the coming year.” I can attest to that – by the end of the conference my world had shifted. Rarely had I ever come back from a conference feeling as optimistic and enthusiastic as I had from this one. (<http://www.infotoday.com/il2005/>)

My funding from the GMR allowed me to attend a pre-conference workshop. I chose the Web Manager's Academy. This workshop was taught by Frank Cervone from Northwestern University, Jeff Wisniewski from the University of Pittsburgh, Marshall Breeding from Vanderbilt University and Darlene Fichter from the University of Saskatchewan. The workshop began with a discussion of the disconnects between libraries and their "Next Gen" users. Before we can improve products and access to our libraries we must understand who are users are and how they want to access our information. Though the instructors focused mostly on their area of expertise – the academic library – I found the discussion relevant. Our job in the medical library, especially those in the hospitals, is more difficult in that our users are not as homogenous as the academic library. Our patrons run the gamut from young students who grew up with the Web to older physicians with little or no computer experience. I believe this is a topic that deserves fuller discussion among medical librarians. The rest of the workshop was devoted to "Next Gen" web services, including Live Reference Chat, syndicated library news, dynamic organizational portals, device independent delivery and virtual services.

Each day the conference opened with a keynote speaker or speakers. The opening keynote was given by Lee Rainie from the Pew Internet and American Life Project. He discussed some of the latest findings of the Pew Internet Project and the subjects the Project is considering in the future. His speech was thought provoking as always, especially for librarians who work in consumer health. More and more Web users go to the Internet to find health information with little or no knowledge of what is relevant or authoritative. In addition, the digital divide between older / younger, urban / rural, and broad / narrow band offers additional challenges for librarians as a whole and medical librarians in particular.

(<http://www.pewinternet.org/index.asp>)

Elizabeth Lawley, who can be found blogging at <http://mamamusings.net>, was the keynote speaker for the second day of the conference. She spoke on social computing and the information

professional and focused on building trusted communities online. I couldn't help but reflect on MEDLIB-L, one of my favorite professional online communities! With the coming evolution of the Internet to Web 2.0 I hope the library community embraces all the new avenues of social computing to maintain and grow our trusted community.

The keynote speakers for the last day of the conference were Rich Wiggins and Roy Tennant. They offered us a lively debate on Google Print. Rich viewed Google as a smart corporation and that their foray into digitization as cause the library community to "think big". Roy Tennant wondered aloud if Google was the "Devil or merely evil"? He proposed that blind wholesale digitization caused older, free material to win over newer, not free material. Adam Smith, a project manager from Google was a surprise participant at the end of the speeches. He was hit with a lot of hard questions from the audience and did his best to answer though "no comment" was a popular response.

The closing keynote speech was given on the afternoon of the third day of the conference. Stephen Abram, from SirsiDynix, spoke about libraries competing with Google, and positioning libraries for the 21st century. His advice was ten-fold: know our market, know our customers better than Google does, beware of where our users are, search for the target user, support our culture, position libraries where we excel, be wireless, get visual, integrate with our community, and take a risk by sacrificing our fear of success. This last point really hit home for me. How many times have hospitals librarians said, "I'd love to do that but if it were a success I have no time to add that service"? Perhaps we need to look at our current services and evaluate against the current needs of our customers. Maybe it isn't that we need to do more but to do different things. Stephen Abrams' blog is at <http://stephenslighthouse.sirsi.com/>.

If the official theme of the conference was *Shifting Worlds*, the unofficial theme was collaboration. Information Today, Inc. created a Conference Wiki where conference attendees could post about anything from the best place to stay to restaurants to thoughts on the conference itself. In addition,

there were scores of official and unofficial conference bloggers, most posting in real time thanks to wifi access in the conference center however sporadic it may have been. A search in Technorati of the tags IL05, IL2005, and Internet Librarian 2005 will show you the breadth and depth of library bloggers and their thoughts. In addition to sessions on blogs, wikis, RSS, blogging ethics, federated searching web services and portals (and these were just the sessions I attended; there were many more) there were the returning favorites of “Thirty search tips in 40 minutes”, “Web Wizard’s Cool Tools”, and “Search Engine Update”.

I returned home from this conference with more ideas than I’ll ever have time to implement in my lifetime. Since the conference Web 2.0 has developed even further with the advent of Plogs and Mashups. The Internet is developing at such a fast pace that we librarians barely have enough time to assimilate the current technologies before the new technologies arrive. That is the main reason I enjoy the Internet Librarian conferences (Besides the fact that it is held in Monterey, California). Not only am I kept abreast of current Web technologies but I’m also learning about how they have been implemented in all types of libraries. I highly recommend this conference for any librarian.

2006 Computers in Libraries Conference

By [Barbara Platts](#), Manager, Library Services, Munson Healthcare

Thanks to a generous Professional Development Award from the GMR, I was able to attend the 2006 Computers in Libraries Conference in Washington, D.C. The conference provided a wealth of knowledge and networking opportunities all related to dead, current, and emerging technologies for libraries. Below is a summary of the conference.

Preconference Sessions

There were two eight-hour sessions and eight four-hour sessions offered to attendees prior to the start of the conference. Session topics included advanced weblogs, social tools, teaching the Internet, current awareness delivery options, technology planning, advanced thinking for web searchers, creating online tutorials, building taxonomies, a Searchers Academy, and a Web Management Academy.

I attended the session on creating online tutorials using screencasting technology. This session provided the knowledge and tools necessary to create online tutorials efficiently and effectively.

A brief overview focused on the advantages and disadvantages of implementing tutorials using

traditional technologies. Screencasting options, as well as the screencasting process were discussed. Several online tutorials created using the screencasting technology were demonstrated. Screen capture, voice recording software, and a screencasting project management outline rounded out the session.

General Conference

The general conference sessions were divided into four learning tracks: Information Discovery and Search, Web Design and Development, Communities and Collaboration, and Digital Innovation, Technologies and Ideas. This format provided conference attendees four session options at any given time. Sessions were generally 45 minutes long and began after a morning keynote speaker. Keynote speakers included Chris Sherman, who provided a search engine report, Megan Fox who discussed planning for a handheld mobile future, and Lee Ranie, from the Pew Internet and American Life Project. Lee talked about enhancing digital work and play. One evening session was offered and featured a panel that discussed dead and emerging technologies.

Internet @ Schools - East, provided a two-day forum for School Media Specialists. Day one

focused on the virtual library school imperative. The second day offered sessions on emerging technologies for school libraries. An Internet Café was available for email access in the exhibit hall.

Sessions I attended included how to build communities using instant messaging, collaborating with e-learning communities, technology project management, catalogs and OPACS of the future, wikis, and the net of the future - Croquet.

Postconference Sessions

There were eight 4-hour postconference sessions available to attendees. Topics included sessions on digital initiatives, integrating RSS, service strategies, buying digital content, implementing federated search engines and open URL software, digitization project management, mining blogs and RSS for research, personal information management techniques, analyzing website user behavior, mobile searching and computing, and searching multiple repositories.

I attended the session on federated searching and open URL software, which provided practical, informative and useful course content. The session defined the two technologies in detail and then provided specific aspects of each software application such as the relationship between source and target content, the context of sensitive

links, citation format, MARC, meta searching, levels of connectivity, search formats, search results, and common command language.

Implementation technology, including Z39.50, was thoroughly discussed as well as attribute sets, a virtual catalog application, metadata harvesting, the client server interaction, library application profiles, network architecture requirements, authentication interface customization, configuring resources, defining collections, and emerging technologies. Northwestern University and the University of Pittsburgh provided an in-depth compare and contrast profile of their respective end products using federated search engine and open URL software applications.

Conference Summary

The Computers in Libraries conference offered a vast array of educational choices and networking opportunities. The conference provided a forum for learning practical "nuts and bolts" applications that can be adapted to hospital IT infrastructures that add value by enhancing access and delivery of library services.

This project was funded in whole or in part with federal funds from the National Library of Medicine, National Institutes of Health, Under Contract No. NO1-LM-1-3513.

Announcements:

Please join us for the [Annual MDMLG Summer Luncheon and General Business Meeting](#) on June 8th, 2006. Deadline for registration is June 1, 2006. Please view the information page on the [MDMLG site](#) for further information and directions. The luncheon will be at the Cranbrook Institute of Science in Bloomfield Hills, MI.

Please congratulate Marisa Conte, a recent WSU graduate, who has just been accepted into the NLM fellowship program.

Please also congratulate Diane Gardner from McLaren Medical Center in Flint, who was selected to receive the MDMLG scholarship and the Miriam T. Larson scholarship at Wayne State University.