



Oneida/Herkimer BOCES School Library System

September 15, 2006 Vol. 2 Issue 1

News to Muse From the Oneida/Herkimer BOCES SLS

Desktalk

Welcome Back! It was a busy summer here at the SLS tying up loose ends from last school year and preparing for the upcoming year. I hope you all had a restful summer. I look forward to continuing my school visits and getting to meet more of you in your own space. It is a pleasure to tour all the wonderful school libraries in our region. The newsletter will continue in this email format because response to it on the annual survey was extremely positive. Read on to see all the events and items of interest in store for you with this issue. Have a great school year. Call if we can be of assistance.

Patricia Skelly, Oneida/Herkimer SLS Coordinator

Data Entry Position Filled

We would like to introduce Julie Orilio to you as our new data entry specialist for CIDER, the regional union catalog. Julie joined us on June 19 and has already made herself an invaluable member of the SLS team. We are also proud to announce that Julie, along with our temp worker Jodie Pintacuda, completed ALL of the backlogged data. We are ready for you to send us your new records, changes or deletes. Our goal of a two week turn around time seems to be coming closer to a reality.

Reminders for a Better Year

- **Email will be our main venue for communication with librarians. Please check your email!**
- Use new transmittal forms when sending records
- Records without transmittal forms will be returned so you can include one for us
- Use school barcodes from Library Automation when doing ILL.
- ILL statistics will be collected quarterly. You do NOT need to email SLS every time you do an ILL loan. Library Automation will help you run the report.
- Sign up for NOVEL database training right at your own school. Information regarding registration will be coming in email.

SPARKY Sizzles at the SLS

We will soon be unveiling the newest member of the Oneida/Herkimer School Library System, Sparky!

The Oneida/Herkimer School Library System, in keeping with the Oneida BOCES Wellness Policy, is adding a new feature to our newsletter and to our program. We will be sharing interesting articles and information on topics related to health and fitness throughout the year. In addition, we are starting **The Spark Club**, a program to encourage all of us to exercise regularly and live in a way that is mindful of our health and well being. Our goal is to provide information that will be useful, along with a contact group of friends who have the same objective: to live well.

The core of the Spark Club is a walking program, something in which almost everyone can participate. Over the next few weeks we will send small journals to anyone who would like to join our program, so that you can record your exercise. We are aiming for a two mile walk, at least five times per week. This is a goal most fitness experts agree is reasonable and sustainable for healthy adults. If you have another form of exercise that you prefer, like swimming or biking, that is perfectly acceptable. We are planning on small rewards for our Spark Club members as the year progresses, and in the spring we hope to host a Wellness Fair.

For an overview of the benefits of regular physical activity, take a look at the Mayo Clinic website (<http://www.mayoclinic.com/health/exercise/HQ01676>). This article provides seven excellent reasons to get regular exercise. Not only does exercise improve your physical well-being, it also has been proven to ease depression and help manage pain and stress. No matter what our age, size or shape, we can all benefit from having an increase in the production of endorphins. Let's face it, we would all love to have happier brains to go with our healthier bodies!

We welcome your suggestions, along with any articles you may come across, for this new feature. Our goal is to kindle a spark in each of us to live the healthiest, best life possible. So – lace up your shoes and let's go!

Professional Development - Upcoming Events

- **Digital Video User Group** – limited to the first 10 registrants – First meeting Sept, 2006 at 3:45 p.m. in the training lab at the BOCES on Court St. – watch for the flyer coming in your email
- **SLS Advisory Council** – Sept. 20, 2006 - 1 p.m.
- **IMLS Grant Advisory Committee** – Sept. 25, 2006 - 12:30-3:00 p.m. review and organize for evaluation process
- **IMLS Grant Mentor Grand Opening**– September 26, 2006 - 3:45 p.m. – Mentors will meet their protégés – Conference Room at BOCES on Court St.
- **Leatherstocking Conference 2006** – October 17, 2006 – Keynote: Mike Eisenberg
- **SLS/Media Liaison Meeting** – November 15, 2006 - 9 a.m.-3:00 p.m.
- **Oneida/Herkimer Superintendents' Day** – March 23, 2007 - Barbara Stripling and Pam Berger