

BETA E-Byte – August 1, 2008

BETA News

SAVE THE DATES!!!

Wednesday, October 8, 2008 - BETA Open Enrollment, Membership Meeting

Thursday, December 11, 2008 – BETA Christmas Dinner

COMING SOON!!!! –An updated webpage! Watch for changes @ www.beta.web.arizona.edu

Open Enrollment is coming!!! Start thinking about who you would like to invite to become a new BETA member. See the NEW attached list of BETA eligible job titles!

BETA Birthdays

Happy Birthday to our wonderful Beta Members!

July Birthdays

Dellina Bergen – July 24th

Kristen Vann – July 26th

Jack Roberts – July 28th

August Birthdays

Carlene Hugues – August 7th

Jacqueline Poellot – August 16th

Marion Levy – August 28th

Yolanda Franco – August 29th

Goods, Services & Opportunities

Are you having a yard sale? Know of a job opening on campus? Want to recommend an excellent masseuse? Tell us about it!!!!

On July 30-August 2, 2008 CHISPA Productions will sponsor the 3rd Annual VIVA ARIZONA ! Hispanic Performing Arts Conference. It will be hosted by the University of Arizona , at the School of Music . It will be a 4 day cultural event which will include music and dance workshops, a festival sponsored by the AZ. Historical Society and the spectacular VIVA ARIZONA ! Concert.

A private VIP Reception for Jose Hernandez, Sol de Mexico and all of the musicians performing at the VIVA ARIZONA ! Concert will take place at the University Marriot Hotel, Saturday, August 2, 2008 , immediately following the VIVA Concert at Centennial Hall. Those who purchase a \$65 ticket to the concert will receive a pass to the reception. The best seats at Centennial Hall have been blocked for these tickets.

Proceeds for this VIP reception will benefit the Elisa Gastellum Memorial Foundation, Inc

For further information on all events: <http://hispanicperformingarts.net/viva/2008/index.html>

Faculty and Staff Discount on Arizona Football Season Tickets.

UA Faculty and Staff receive a 15% discount off a maximum of two (2) season tickets (not including priority amount). To receive the ticket discount you must be registered as a 2008-09 UA Faculty or Staff member at the time of purchase. For more information call (520) 621-2287. Be sure to pass the word on to all of your fellow co-workers. Come out to Arizona Stadium for seven exciting Saturdays!

2008 Arizona Football Schedule

Aug. 30	Idaho	7 pm
Sept. 6	Toledo	7 pm
Oct. 4	Washington (Family Weekend)	4 pm
Oct. 18	California	7 pm
Oct. 25	USC (Homecoming)	7:15 pm
Nov. 22	Oregon State	4 pm
Dec. 6	Arizona State	6 pm

Gotta Try It

Did you just learn a new computer short-cut? Or how to really get out that red wine stain? Please share!!! This is also the place to tell all your BETA friends about your favorite book, restaurant, or suggestions for a fun day trip.

Good organizing book (in spite of the somewhat la-de-dah title): The Beverly Hills Organizer's Home Organizing Bible: A Pro's Answers to your Organizing Prayers by Linda Koopersmith. Every tip imaginable on how to organize closets and drawers.

Excellent book on communication issues (once again, in spite of the title): **Men are from Mars, Women are from Venus : a practical guide for improving communication and getting what you want in your relationships** by John Gray. Reading the chapter on how men and women "keep score" differently was very illuminating.

Wonderful off-beat and unusual little film on DVD: "Arranged". Tells the story of 2 teachers in Brooklyn area who are from very different cultures but become friends; both are going through an arranged marriage process (one is an Orthodox Jew, the other a Syrian Muslim). Available at Blockbuster.

Submitted by: Anna Wilkinson, Retired

What Was Your Name Again?

Tips for Improving Memory

Have you ever been introduced to someone and, about two seconds after shaking his hand, forgotten his name? Don't worry. This is not evidence that you're losing your mind or that you're on the fast track to senility. Turns out, this is actually an extremely common occurrence for many busy people today – including me!

The good news is that, not only is there plenty of research on the subject to help us cope with this problem, there are also a number of simple, practical actions we can take to improve our memory now and long into the future.

No Pain, No Gain

Wouldn't it be great if we could improve our memories as easily as we upgrade our computers? Unfortunately, our brains, like our bodies, require the benefits of regular exercise, a healthy diet, and other good habits – like not smoking, not drinking excessively, and getting the proper amount of sleep each night – in order to function at the highest level. If it seems that your memory is getting worse and worse each year, it could be that you're just not managing one or more of these areas as well as you probably could.

With this in mind, here are some great tips for proactively strengthening your memory:

Neurobic Exercise

You know all about the wonderful effects aerobic exercise has on the heart, but have you heard of neurobic exercise for the brain? According to Lawrence Katz, co-author of *Keep Your Brain Alive: 83 Neurobic Exercises*, the best exercise for the brain is to force it to form "new patterns of association" or new pathways.

In other words, challenge your brain every day; take it off auto-pilot and make it relearn or create new associations with the most routine activities of your day. The book offers numerous examples of small changes you can make to activate your brain, including: brushing your teeth with the other hand; taking an alternative route to work; moving your wastebasket to the other side of your desk; closing your eyes while putting your key in and unlocking the front door; and changing where you and your family members sit at the dinner table.

Mnemonic Drilling

Turns out there are actually three steps or stages of memorization: acquisition, consolidation, and retrieval. Once we acquire new information, like someone's name for instance, how we consolidate that data directly affects how well we're able to retrieve it from memory. Whether you're a visual or auditory type of learner, there are many mnemonic devices that can help you to better organize or consolidate the new information that you need to recall. Here's one that might help.

First, associate the data you want to remember with common images. For instance, let's say you meet someone named Jennifer Green. Imagine Jennifer playing golf, or picture her wearing all green clothes, or imagine her face painted completely green. Second, think of associations you can use to help you remember this person. For instance, link Jennifer to the quality that best fits her personality (use alliteration and rhymes whenever possible): Jolly Jennifer Green. Finally, connect sound to your memory by saying the name aloud. Do this regularly and, before you know it, you'll never forget anyone's name again!

Excerpted from Ron Kelleher's Security Mortgage Newsletter "Quick Tips"

Questions for the Group

If you don't have news, but still want to know... I bet another BETA member could help!!!

BETA officers are looking for the contact information of BETA alumni as well as pictures of past BETA events. If you have contact information and/or pictures, please let one of the BETA officers know.

Hello, we have been asked to post a request for CTL hours for SAC past president Eva Gonzales who is in need of time. If you are able to donate please or someone in your department would like to donate time contact garanda@u.arizona.edu Thanks!

If you would like to contribute to the BETA E-Byte (and we hope that every member will) just e-mail Rebekah Salcedo at rsalcedo@email.arizona.edu with "BETA E-Byte contribution" in the subject line. Remember, to provide your name, title & department, and contact information in your contribution for members to contact you if they have questions, would like more info, etc...

Rebekah H. Salcedo
Membership Director