

BETA E-Byte – August 18, 2008

BETA News

SAVE THE DATES!!!

DATE CHANGE! Tuesday, November 4, 2008 - BETA Annual Open Enrollment Event, Speed Networking

(this is a change from the October 8th date that was sent out in the previous E-Byte)

Thursday, December 11, 2008 – BETA Christmas Dinner

See our Beautiful Updated Webpage!!!!

www.beta.web.arizona.edu

Congratulations to Bonnie Best who will be receiving her B.F.A.!!! Her name will be in the December graduation list. Good job Bonnie!

Beta Call for Help

Volunteers Needed, Tuesday Sept 9th 5:15pm-6:30pm

The Beta officers could use some help preparing our open enrollment mailing (attaching labels, sorting via zip code etc...)

\$2 pizza will be available. Meet in the Arizona Health Science Library Conference Room (same place as the June 2008 Membership meeting)

For more info or to RVSP, contact Cindy Steber at cindy@ahsl.arizona.edu

Philanthropy Project For Fall 2008

Message from Beta Vice President, Pearl Byrne

Every September the BETA Group begins its search for a philanthropy project that we can support, especially during the holiday season. Each one of us can consider this as a way to give back to our community or simply to give to others who are less fortunate than us, and do this from our hearts. I am asking for volunteers from the BETA membership to assist me in obtaining this goal and would like to have at least 6 individuals to assist in this project.

If you are interested please contact Pearl Byrne at 621-5511 or email me at pearlb@email.arizona.edu. Please respond by August 28, 2008.

We need your help to make this year's philanthropy project a SUCCESS!

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!

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!!!!

Stein Mart is having their Teacher Appreciation Week Sale August 17-23

All UA employees are eligible to take advantage of the discount promotion. The sale event offers anyone in the field of education 20% off any item of their choice.

Having a party? Meeting? Or just want something special with coffee this week? Consider supporting local start-up business woman, Shelley Moore and her business S.A.M.'s Kitchen. See add below. For more information contact Shelley at 520-579-0336 or FiveMoores2Love@msn.com

S.A.M.'S Kitchen

**14 Large roll's for \$12
With or without nuts same price
(Please specify when ordering)
Pecan and Walnut available**

Now offering Apple-pie Cinna-rolls!

**Order 3 or more of a S.A.M.'S Dozen
and get a bulk discount of \$10 an order.**

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.

Stop Snail Mail in Its Tracks Tips for Reducing Junk Mail

Junk mail is not only annoying, it's expensive, too! Did you know that over the course of your lifetime you will spend up to 8 full months perusing junk mail, half of which you'll throw away without ever even opening? It's true. Americans reportedly pay \$370 million to haul 5.6 million tons of unrecycled junk mail to US landfills each year – that's 1.5 trees for each American household, according to the Center for a New American Dream!

With this in mind, there are a few simple things you can do to significantly reduce the sheer volume of junk mail you receive each year. While experts suggest that it's impossible to stop all commercial mail, you may be able to slow it down by up to 90% by following the tips below.

Opt-out of Pre-approved/Pre-screened Credit Offers

Visit www.optoutprescreen.com (or call 1-888-567-8688) and follow the instructions for opting out of "firm" offers from credit, insurance, and mortgage companies. These offers are the result of the major consumer credit reporting companies selling your name and contact information whenever you apply for credit.

This site offers both 5-year and lifetime removal from these mailing lists; however, in order to be removed for life, you have to mail in your request as opposed to doing it online. The credit companies are betting that you're too lazy to take the extra step to opt-out for life, but you can prove them wrong.

Register for the Direct Marketing Association's (DMA) Mail Preference Service

For \$1, the DMA will add you to their do-not-mail file. Visit www.the-dma.org to register for this service. If you receive mail for an ex-spouse or people who no longer live with you, you can add them to the list as well. If you receive junk mail for deceased relatives, visit www.ims-dm.com/cgi/ddnc.php to remove their names.

Instruct Companies Not to Share Your Information

Whenever you purchase anything that comes through the mail, including magazine and newspaper subscriptions, be sure to read each company's privacy policy carefully. Often, especially for non-profit organizations, you'll be given an option to check a box if you don't want your data shared with anyone else. If there is no such option, write it in yourself, clearly expressing that you do not want your information shared with anyone. Follow this up with a phone call to let them know before it's too late.

If you have any trouble removing yourself from a specific mailing list, visit the Direct Marketing Association and use their [complaint form](#) to report the company. If you receive unsolicited adult-oriented advertising ("SOA"), contact the US Postal Service and ask about removing your name from these mailing lists.

While completing these easy steps won't keep certain unwanted mail from filling up your mailbox – your bills, for instance – the ratio of cards and letters you do want to receive versus those you don't will change significantly in just 30-60 days.

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.

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