

family circle

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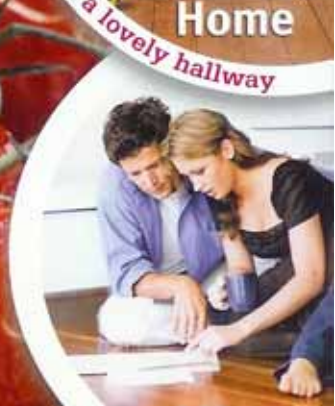
- * Ways to attract more money
- * Survival tactics for the cold season
- * Brilliant ideas to liven up your home



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ISSN 1447-6150

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Pacific Magazines

JULY 2006



TOTAL RECALL

With the number of people you encounter daily, it's easy to forget names. Here are a few techniques that will help you remember.

- 1 Picture the name written across the person's forehead in pen when they tell it to you, or imagine writing it down. (The first technique was apparently used by former US president Franklin D Roosevelt to help him recall the names of his staff.) Such methods add a visual dimension to the name, so you're likely to bring it to mind the next time you see them.
- 2 Repeat the person's name as soon as you're introduced to them, for example, "Hi, Jayne, it's

good to meet you", then repeat it again as soon as possible in the conversation. The sooner you use their name, the more likely it is to pass from short-term memory, which is about 30 seconds long, into long-term memory.

- 3 Link the name to a celebrity, someone you know with the same name or a word that comes to mind when you think of the name. For example if you meet a Barbra, you could visually link her to Barbra Streisand or your aunt Barb. The more vivid the picture, the more likely you are to recall the name when you next see them.

good for you

Incorporate a little charity into your life with these great ideas:

- ✦ Buy Snugglebum sleepwear and help fund SIDS and Kids Victoria. This charity provides bereavement support to anyone whose child has died suddenly from the 20th week of pregnancy to age six,



regardless of the cause of death. The support is free of charge and continues for as long as parents need it. The PJs are 100 per cent cotton, are great for winter and cost \$39.95. For more information, visit www.snugglebum.com.au or call 1300 657 131.

- ✦ Get down and dirty on National Tree Day, July 30. Last year 350,000 volunteers planted more than 1.5 million trees nationwide. This year Planet Ark, the organisation running the event, hope to plant the 10 millionth tree. For more information on making that a reality, visit www.planetark.com/treeday.

About 250 million text messages are sent every month in Australia. >



Australian Government

Do you want to save money and help the environment next time you buy kitchen, laundry or bathroom products?

Look out for the new water-efficiency star label on dishwashers, washing machines, toilets, taps, showers, urinals and flow controllers

The more stars the less water a product uses and the better it is for your household bills and the environment

- Ask kitchen or bathroom retailers about their star-rated products
- Ask your local water authority about rebates for water-efficient products
- For more information go to: www.waterrating.gov.au

