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## Macquarie University Sport and Recreation Inc. *Success & Well Being*

Staff News No. 12, July 2005

### Staff Mates News



What a great semester it has been! On Thursday 26 May, we celebrated the growth of Staff Mates with a special free morning tea for all University staff. Macquarie's Biggest Morning Tea was a great success and over 80 staff were in attendance from different departments across campus including the Library, SIBT, PR & Marketing, BGO, SAM and plenty more!

A big thank you goes out to all those staff members who took time out of their day to raise funds for the Cancer Council. Congratulations to Glenys Oxlee (Library) and Wendy McGuigan (Library) who each won a free 10-visit pass to the gym and to Farhat Yusuf (Department of Business) for winning an extra month on his gym membership.

Based on the success of Macquarie's Biggest Morning Tea, we thought it would be a good idea to run another great event for charity in Semester 2. The Pink Ribbon Breakfast will take place in October and we will be offering staff the opportunity to support the fight against Breast Cancer. More information on the Breakfast will be coming soon, but keep posted by visiting the Staff Mates section of our website, [www.musr.mq.edu.au](http://www.musr.mq.edu.au). (Select the Recreation Tab.)

### Sport & Leisure Centre News



If you're keen to run (or walk) this year's City to Surf, don't forget to join the Macquarie University Team. We've organised a great package so you can have a fantastic time being part of the world's biggest fun run.

This year's package includes:

- Transportation to the race from the Macquarie University Sport & Leisure Centre and back again.
- Post-race chill-out rooms at the Biltmore on Bondi. A great place to rest your legs, relax and chat with the other competitors.
- Light refreshments and drinks, so you can get your energy levels back after the race.
- Use of shower and bathroom facilities post-race so you can change out of your clothes into something a little fresher!
- A post-race massage to help your tired legs recover better.
- Team Water Bottle—it's important to replenish your fluids!
- Team shirt—to look the part on race day.
- Training program so you can prepare sufficiently!
- One free visit to a Pilates, Body Balance or Yoga group fitness class in the week following the race. Great for recovery and unwinding your muscles!

All this for only \$30 for members and \$35 for non members. To find out more visit the Sport & Leisure Centre or go to [www.musr.mq.edu.au](http://www.musr.mq.edu.au).

### Focus On...Colds

Winter is well and truly upon us and along with that are lots of nasty things in the air. Chances are either you, your family or your friends will catch a cold this winter. That's because children tend to catch between 5 and 10 colds per year and adults average 2 to 4 colds per year.

The symptoms of a common cold can be annoying, from sneezing and coughing to a sore throat and a blocked or runny nose.

[www.musr.mq.edu.au](http://www.musr.mq.edu.au)



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However, when you've got a cold, antibiotics won't help a cold get better faster, won't stop a cold from getting worse and won't stop a cold spreading. Antibiotics won't help because colds are caused by viruses; antibiotics only work for bacterial infections. Common colds get better on their own in 5–7 days. Always see your doctor if you are concerned about your health.

Here's what you can do:

- Blow your nose often and throw tissues away after use.
- Drink lots of fluids.
- Use an ointment such as petroleum jelly on dry and chapped skin around your nose.
- Rest.
- Suck ice, throat lozenges or gargle warm, salty water to help soothe a sore throat.
- Breathe in steam from a bowl of very warm water to clear mucus and ease chest tightness. Be careful not to make the water too hot or you could burn the lining of your nose! For this reason, children should not breathe in steam.
- Saline nasal sprays could help to clear mucus.

If any of your symptoms are severe, you should see a doctor immediately. Info sourced from <http://health.ninemsn.com.au> and <http://www.mydr.com.au>.

### Recipe of the Month: Chilli Citrus Marylands

**Serving size:** Serves 6

**Cooking time:** Quick with advance preparation. Can be prepared two days ahead.

**Storage:** Covered, in refrigerator.

**Freeze:** Uncooked marinated Marylands

**Microwave:** Not suitable.

### Ingredients

- 6 chicken Marylands
- ½ cup concentrated orange juice
- 1 tablespoon chilli sauce
- 1 teaspoon grated lemon rind
- ½ teaspoon grated lime rind
- 1 tablespoon lime juice
- 1 tablespoon brown vinegar
- ½ teaspoon dried thyme leaves
- 1 teaspoon cornflour

### Method

Add Marylands to pan of boiling water, boil uncovered for 5 minutes; drain.

Make 4 deep cuts in each Maryland, place in dish, pour over concentrated juice, sauce, rinds, lime juice, vinegar and thyme.

Cover, refrigerate overnight.

Drain Marylands, reserve marinade.

Cook Marylands on barbecue grill or grill until tender.

Blend cornflour with reserved marinade in pan.

Stir over heat until sauce mixture boils and thickens. Serve sauce with Marylands.

Recipe courtesy of [www.recipefinder.com.au](http://www.recipefinder.com.au).

### Group Fitness Timetable for July

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7.00am 60mins</b>		Body Pump		Pilates Intro	
<b>12.05pm 45mins</b>	Body Jam	ABT T-shirt Class	Body Pump	ABT Women Only	Body Pump
<b>1.05pm 45mins</b>	Yoga	Pilates Intro	Body Balance		Yoga
<b>1.10pm 50mins</b>	Running Group				
<b>5.15pm 60mins</b>	ABT	Yoga	Step	Body Jam	Pilates Intro
<b>6.15pm 60mins</b>	Boxacise	Body Pump	Pilates Intermed	Body Pump	Boxacise
<b>7.15pm 45mins</b>	Body Balance	Hip Hop			

For more information contact the Sport & Leisure Centre on (02) 9850 7636.