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

Staff News 18, 21 October 2005

Staff Mates News...think pink!

October is Breast Cancer awareness month, and to mark this very important occasion Macquarie University Sport and Recreation is hosting a fundraising breakfast. All staff on campus are invited to come along and take part in Macquarie's **Pink Ribbon Breakfast**.

The event, run in conjunction with the National Breast Cancer Foundation, is your chance to catch up with other staff members on campus, have a cuppa, some snacks and raise some much needed funds for breast cancer research.

When: Thursday 27 October 2005
Time: 10.30am–11.00am
Location: The Lake outside E11A
Provided: Light refreshments
Cost: Free, but a donation to the National Breast Cancer Foundation would be greatly appreciated. Receipts will be given for donations over \$2.

What to bring: Yourself, some fellow staff mates and a donation for the National Breast Cancer Foundation.

RSVP: If you would like to come along to the event email macsport@mq.edu.au by Wednesday 26 October.

In semester 1, over 80 staff members across campus participated in Australia's Biggest Morning Tea, raising over \$350 for Cancer Research. This semester we would like to go further and see over 100 staff lending their support for this great cause to raise \$500.

Body Balance—the perfect combo!

With summer just on the horizon, its time to get into shorts-wearing mode! A great way to shape up for the warmer months is to regularly participate in enjoyable exercise.

One of the most popular group fitness classes held at the Sport & Leisure Centre is Body Balance. Body Balance is a revolutionary fitness class that challenges and revives both the mind and body!

A dynamic program run to uplifting music, Body Balance leaves you feeling relaxed and renewed by combining the best of eastern disciplines, like yoga and tai chi, with popular new methods such as Pilates.

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body (and mind) into a state of harmony and balance.

This class is suitable for all fitness and coordination levels, and is run regularly throughout the week at convenient times. For more information contact the Sport & Leisure Centre on (02) 9850 7636 or visit us during your break!

Celebrate the Festive Season with Us!

If your Department's social club is looking for an affordable, friendly and close-by venue to celebrate the end of 2005, keep the new Club House venue in mind. Located at the Sports Fields the former restaurant is now home to all the University Sports Clubs.

For more information on Christmas parties and functions at the Macquarie University Sport and Recreation Club House contact Zhann Jochinke on (02) 9850 7635.

Staff Mates Info

Visit the Macquarie University Sport and Recreation website, www.musr.mq.edu.au for more information on Staff Mates.

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Focus On...Breast Cancer

Being breast cancer awareness month we thought it would be a good idea to run through a few facts.

- Breast cancer is the major cause of cancer death in Australian women accounting for more than 11,700 new cases of breast cancer and 2,600 deaths each year.
- The incidence of breast cancer is increasing.
- 15% of all breast cancers are advanced at diagnosis. Women whose cancer is diagnosed when it is contained in the breast have a 90% chance of surviving five years compared with 20% five-year survival when the cancer has spread at diagnosis.
- As with most cancers, the risk of breast cancer increases with age. 25% of the new breast cancer cases diagnosed in 1999 were among women aged 20–49; 48% among women aged 50–69; and 27% among women aged 70+.
- Most breast cancers begin in the lining of the ducts though a small number start in the milk sacs.
- There are about ten different kinds of breast cancer. Some grow slowly while others develop faster.

So what should you look out for?

Look for any changes in the breast which are not normal for you. You should visit a GP if you notice any of the following important changes:

- A lump, lumpiness or thickening: for younger women, if it is not related to the normal monthly cycle and remains after their period and for women of all ages, and if this is a new change in one breast only.
- Changes to the nipple: such as a change in shape, crusting, a sore or ulcer, redness or indrawing of the nipple.

- Discharge from the nipple: from one nipple and is bloodstained or occurs without squeezing.
- Changes in the skin of the breast: such as any puckering or dimpling of the skin, unusual redness or other colour change.
- Persistent unusual pain: which is not related to the normal monthly cycle, remains after their period and it occurs in one breast only.
- A change in the shape or size of a breast: this might be either an increase or a decrease in size.

Need more information?

Consult your doctor and/or the below websites:

Information courtesy of:
www.health.ninemsn.com.au
www.nbcf.org.au
www.nswcc.org.au

Recipe of the Month: Raspberry and Yoghurt Breakfast Parfait

Start your day with this recipe Donna Hay designed for Pink Ribbon Breakfasts!

Ingredients

250g frozen raspberries
500g yoghurt
1 tablespoon icing sugar
1 cup granola/toasted muesli
1/3 cup honey
extra raspberries to serve

Method

Lightly crush raspberries with a fork, fold them through yoghurt and icing sugar. Divide the granola between four glasses, top each with 1 tablespoon of honey. Spoon raspberry yoghurt mixture over the granola/toasted muesli. Top yoghurt with remaining raspberries and honey.

Source: Recipe courtesy of National Breast Cancer Foundation:
www.nbcf.org.au