



125 YEARS
City Tattersalls Club



Dear Members,

I hope this EDM finds you well and you managed to have an enjoyable Easter, despite the strict social distancing measures in place!!

In this latest EDM, we bring you more recipes through Kevin our Head of Marketing and Communications and his son Nicholas, as well as some training tips through our trainers Zac and Valeria. I would suggest you make the ANZAC biscuits first, then do the training, and without any guilt whatsoever afterwards go back and eat the biscuits!!

In light of not being able to accurately predict when we are likely to re-open the Club and what business looks like when we do, we have made the difficult decision to postpone our plans for our 125 Year Anniversary in August and September of this year, with the promise that we will be hosting some great celebrations in 2021. In the mean time we will continue to use our Anniversary Logo to ensure everyone is aware of our Milestone and we will find ways to ensure those being inducted to life membership of the Club this year get the acknowledgement they so rightfully deserve. After all, they have been members of our great Club for 40 consecutive years.

Our 125th Year Anniversary book was scheduled to be launched in September, given the circumstances we will also delay its release until next year. This will give us the opportunity to add a chapter on COVID-19 with a view to record the impact this pandemic had on our Club. If you have any photos, stories you would like to share with us to complete the book, please contact us at the Club so we

can discuss the content with you.

Have a great rest of the week, stay safe and enjoy the work outs!

Marcelo
CEO



Learn To Make Anzac Biscuits

Nicholas and Kevin take you through step by step how to make ANZAC biscuits, with some interesting facts about ANZAC thrown in.

Once you have made them, enjoy them with a coffee or tea, or make Nicholas' favourite treat, an ANZAC ice cream sandwich.



[Making ANZAC Biscuits Video](#)

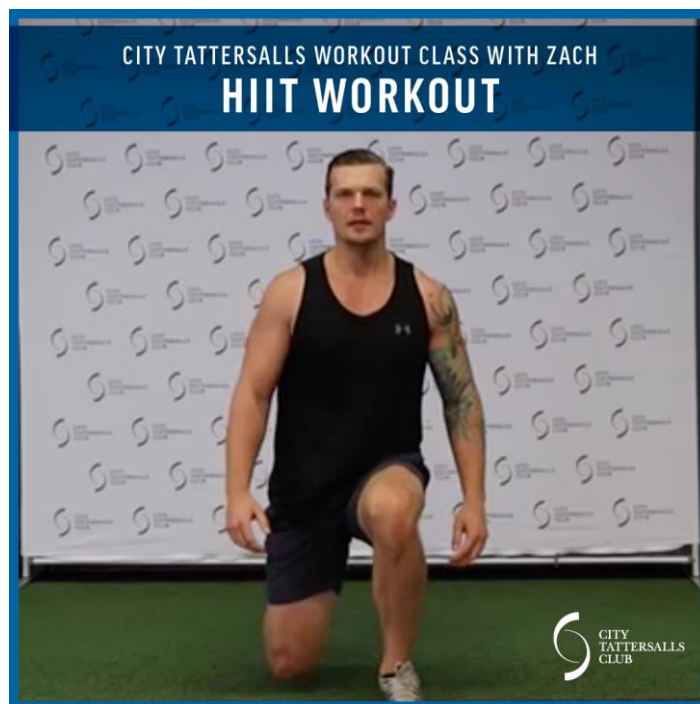


Fitness HIIT Workout "Pyramid of Death" With ZAC

Let City Tatts instructor Zach, take you through his HIIT workout:

“Pyramid of Death”

Will you live to tell the tale after this blood pumping workout? If you have the strength you can also do Valeria’s HIIT session as well, if you dare.



HIIT With Zac



HIIT With Valeria

Our instructors are keen to get you to work off those Easter Eggs after the break.

City Tatts instructor Valeria has her own HIIT parade workout to get you back in shape. Can you do both Zac's and Valeria's HIIT sessions, if you can, you deserve another Easter Egg!



Valeria's HIIT Workout



Happy Hour Drinks

Happy hour drink this week is the Cosmopolitan, the favourite drink of TV character Carrie Bradshaw in "Sex In The City".

So make yourself a glass or a jug, and dial up some episodes of Sex In The City, and relive the debate of Aiden vs Mr Big, that kept us talking for years!

HAPPY HOUR COCKTAIL

CITY TATTERSALLS CLUB



COSMOPOLITAN

INGREDIENTS

45ml You favourite brand of Vodka
15ml Cointreau
30ml Cranberry juice
10ml Lime juice
Ice

FOR THE GARNISHING

A lime ring on the rim of the glass.

METHOD

Add all ingredients in to a cocktail shaker and shake until the outside of the cocktail shaker feels icy cold.

Strain into a chilled cocktail glass, garnish with a ring of lime and enjoy.

Please drink responsibly

Cosmopolitan Happy Hour!



Thank You To Our Frontline Heros



thank you

FRONTLINE WORKERS

CITY TATTERSALLS CLUB

Whether you are a health worker, police, cleaner or the hundreds of other professions that keep our community safe, City Tatts wants say thank you for being there for our us.

Our world would be a much darker place without your commitment and dedication.



City Tattersalls Club, 125 Years In The Making

City Tattersalls Club's second home after 248 Pitt Street, was across the road at 249 Pitt Street with its narrow frontage. The Club bought this building in 1903 for 6800 pounds, which in today's terms would be slightly over \$1M.



The building still stands today opposite the current Clubhouse and was occupied by the Club until 1924, when it moved into its present location.

Take a virtual tour of our Clubhouse and stroll through the historical past of our Club.

Our Living History

Keep healthy, stay safe and support each other.

Your friends at City Tatts



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