



125 YEARS
City Tattersalls Club



Dear Members,

We hope this City Tatts update finds you well and you have managed to adjust to this temporary way of life, which is far from the very social fabric that underpins our Club.

In this Club update we bring you some digital training workouts to stay healthy as well as some great food and beverage recipes you can try in the comfort of your own home.

Yesterday, nominations for elections of Directors closed and we are very happy to confirm that Directors Rick Faulkner, Lawrence Coy and Michael Sterndale-Smith were re-elected unopposed for a three-year term.

As noted on our previous update, the AGM on the 26th May will go ahead via technology and we will over the coming weeks be sharing details of how to register, connect and participate in the meeting.

For information on the matters to be discussed at the AGM, please click on the link below.

[CLICK FOR AGM INFORMATION](#)

Have a great Easter break with those close and dear to you even if its via video conferencing or phone call, and enjoy the peaceful reflection that Easter brings with it.

Stay safe.

Marcelo

CEO

Home Cooking, Willo's Sticky Chicken

Want to cook something the whole family can help prepare and make, and having everyone licking their lips for more, then join Alexander and Tiffany as they show you how to make Willo's Sticky Chicken. Takes great with a side order chips and coleslaw.

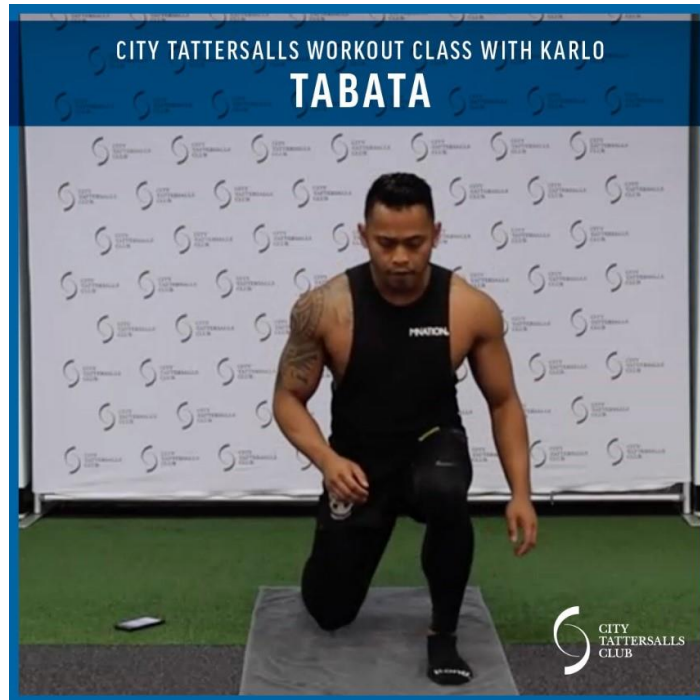
Alexander and Tiffany show you how to make this tasty meal!



[Willo's Sticky Chicken Video](#)

Fitness Tabata With Karlo

Join Karlo as he guides you through a session of Tabata, which is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. Its guaranteed to work Willo's Sticky Chicken off your waistline.



[Tabata With Karlo](#)

Fitness Full Body With Valeria

Valeria is back this week with a full body workout. Work up a sweat while Valeria guides you on how to strengthen your arms, core and legs. No special equipment needed, just a chair, a towel, some dumbbells or two bottles of water.



[Total Body Workout With Valeria](#)

Happy Hour Drinks

Happy hour is back! Well sort of, you can't come to the Lower Bar, but you can make an Espresso Martini, what better way to relax after two workouts than a Cocktail before you tuck into Willo's Sticky Chicken.

HAPPY HOUR
COCKTAIL
CITY TATTERSALLS CLUB



ESPRESSO MARTINI

INGREDIENTS
45ml Your favourite Vodka
30ml Freshly brewed espresso coffee
30ml Kahlua
5ml Sugar syrup
Ice

FOR THE GARNISHING
3 coffee beans

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

Strain into a chilled martini glass, garnish with 3 coffee beans and enjoy.

Please drink responsibly

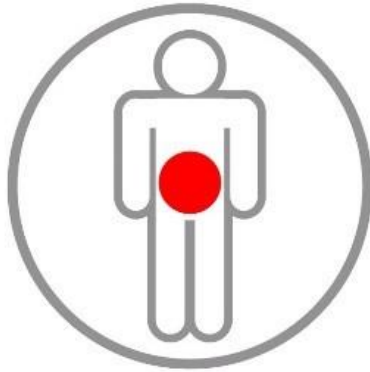
[Espresso Martini Happy Hour!](#)

The Gut Foundation – IBS Awareness Month

Throughout COVID-19 City Tatts continues to throw our support behind our Community. The Gut Foundation, who strive to improve the digestive health of all Australians is one such organisation.

April is IBS Awareness Month across the world. Irritable Bowel Syndrome (IBS) affects as many as one in five Australians, a condition for which many of the symptoms are often embarrassing and inconvenient, affecting the function of the bowels and digestive system.

The Gut Foundation specialises in medical research to understand the causes of gut problems, better methods of prevention and treatment, and continually educating the public on the latest findings.



THE GUT Foundation

THE GUT FOUNDATION

Keep healthy, stay safe and support each other.

Your friends at City Tatts

COVID-19 PREVENTION



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