



Dear Members,

I hope this weekly EDM finds you well and in great spirits!

Amongst many other fun things, this EDM aims to remind eligible voting members of three very important matters relating to our upcoming AGM and the Club in general. These are;

Firstly to familiarise yourself, (if you have not done so already) with the proposed resolutions being presented at this year's AGM, which will be held online via Zoom Technology on the 26th May 2020.

The link to the proposed resolutions below, contains the additional resolution presented to members by Club Chairman, Patrick Campion last week on his video message. Just in case you missed it the video and a full copy of the resolutions can be accessed by clicking on the links below. If you have any questions/comments regarding the resolutions, please email me at mveloz@citytatts.com.au so we can discuss your comments well ahead of the AGM.

[Chairman's Video](#)

AGM Resolutions

Secondly a link to an online registration form that will enable Life, Gold and Silver Members to register for the AGM. Please note that registrations will close at 5pm on the 25th of May 2020 to ensure the appropriate validation and security checks are completed on the database of Members. So please don't leave it to the last minute and register early.

AGM Registration Form

The final point is a link to information collated by ClubsNSW, (the Peak Industry body), which summarises the impact COVID-19 is having on Registered Clubs and Communities across the country. The figures noted in the presentation are not too dissimilar to what we here at City Tatts endured on the weeks leading to the forced closure of our Club on the 23 March 2020, when we encountered a reduction on revenue of up 80% that ultimately led to the Club having to stand down 130 of our wonderful staff.

The good news is that thanks to the Government's Job Keeper program, we are now able to support many members of the team.

ClubsNSW Survey Results

SMH Article On ClubsNSW Proposal

Next Friday, we will provide members with yet another important update that will include:

1. What the Air Space Project is up to and
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2. An overview of how we plan to deal with the re-opening of the Club, considering the serious financial impact COVID-19 has had over our Club and the very different economic landscape we will all face when we are allowed to open our doors again.

Have a wonderful weekend, and enjoy the Lamb Shanks.

Marcelo Veloz

CEO



Massaman Curry Lamb Shanks

Nicholas and Tiffany show you how to make their favourite winter warmer Massaman Curry Lamb Shanks. A dish guaranteed to have the family running to the dinner table.

Tiffany gives away the family secret on how to cook the perfect fluffy rice, a delicious accompaniment to this family favourite.

Lookout for Buddy's guest appearance!



Massaman Lamb Shanks Curry Video



Nutritional Advise from Zac and Stretching from Karlo

Hear from Zac on how to get fit inside during isolation with some nutritional tips and from Karlo on how to stretch those tight muscles. Great tips for everyone in the family!

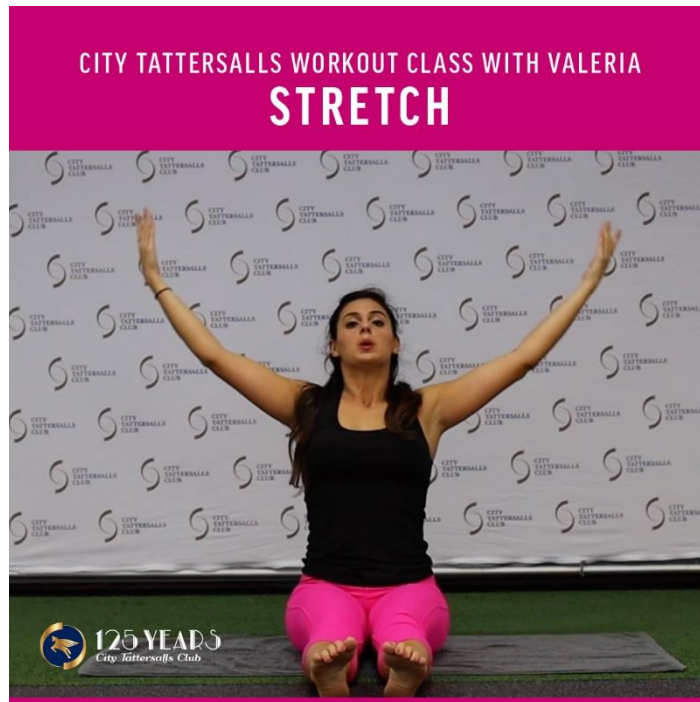


Nutrition and Stretching



Stretching With Valeria

Valeria continues the theme of stretching with her session of keeping your body free of tightness and supple. Follow along with Valeria, just grab a mat or towel.



Valeria's Stretch Workout



Happy Hour Drinks

Enjoy a drink from home with this American classic - Clover Club. First published in the *New York Press* in 1901, the recipe calls for gin, lemon juice, sugar, raspberry syrup and egg whites.

The Clover Club pre-dates Prohibition and takes its name from the Philadelphia Men's Club of the same name. It was something of a boy's drink, established by businessmen in the Bellvue-Statford Hotel in the late 19th century.

HAPPY HOUR
COCKTAIL

 **125 YEARS**
City Zittersuße Club



CLOVER CLUB

INGREDIENTS
50 ml gin
20 ml fresh lemon juice
20 ml raspberry syrup
10 ml egg white
3 raspberries

METHOD
Combine gin, fresh lemon juice, raspberry syrup and egg white into a cocktail shaker.
Shake vigorously for about 30 seconds, until ingredients are combined.
Strain into a chilled martini glass.
Thread three raspberries onto a cocktail stick and balance on top. Enjoy!

Please drink responsibly

Clover Club Happy Hour!



Download The COVIDSafe App



<https://www.health.gov.au/>

City Tatts would like to encourage all our Members to download the COVIDSafe app. As we fight to keep COVID-19 at bay, it's up to all of us to come together and do our part to slow to spread of this virus.

How does it work?

When you download the COVIDSafe app on the www.health.gov.au website, you simply provide your name, mobile number, postcode and age. An SMS will be sent to you to confirm your installation. The information is encrypted and that encrypted identifier is stored securely on your phone.

What happens when a user tests positive?

- State and Territory officials will use the contacts captured to support their tracing
- Inform people they may have been exposed
- Officials will offer sound advise on what next steps to take, if any
- Health officials will not name the infected person.

City Tatts is doing all we can to assist with Government Health officials to stop the spread of COVID-19 and help protect our community. By downloading the CovidSafepp you will be doing your bit to help the Club and the hospitality industry come one step closer to opening.

To download the app, find out more information and read how your privacy is protected, please click on the link below.

COVIDSafe APP



Train with Anthony Minichiello



MiniFit is bringing live and on-demand sessions to you!

Led by Anthony Minichiello himself, MiniFit focuses on five core foundations:

- Exercise
- Eating
- Hydration
- Sleep
- Screen Time

When you train with Mini, you will have access to a new way of fitness, as well as tips and tricks for adopting healthy habits.

Packages are fit for the whole family, so why not implement these sessions into your weekly routine.

First two weeks are free for all Members. Subscriptions start from \$39/month.

*Offer valid until 13th May, 2020

MiniFit For Kids

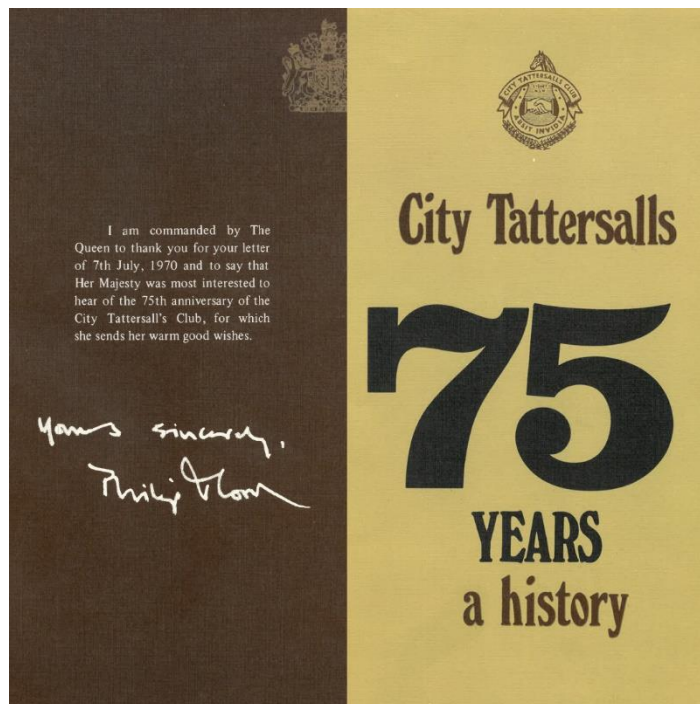


City Tattersalls Club, 125 Years In The Making

Did you know? 50 years ago, City Tattersalls Club was recognised by the Her Royal Highness, Queen Elizabeth II, for it's 75th anniversary.

Philip Tom:

"I am commanded by The Queen to thank you for your letter 7th July ,1970 and to say that Her Majesty was most interested to hear of the 75th anniversary of the City Tattersalls Club, for which she sends her warm good wishes.



Our Living History

Keep healthy, stay safe and support each other.

Your friends at City Tatts



Follow City Tatts On Our Social Media Pages

<https://www.facebook.com/CityTatts/>

<https://www.facebook.com/womensfitnesscitytatts/>

<https://www.instagram.com/citytattersallsclub/>

https://www.instagram.com/womensfitness_citytatts/

<https://www.youtube.com/user/CityTatts/videos>

<https://www.linkedin.com/company/city-tattersalls-club/>

<https://www.linkedin.com/showcase/ctc-young-professionals/>

<https://www.instagram.com/ctcyoungprofessionals/>

<https://www.facebook.com/CTCYoungProfessionalsAU/>