



All Australians Are Invited To Host An Iced Tea Party



During Lymphoedema Awareness Month IT'S COOL TO BE KIND!

Register today to become a host of an Iced Tea Party during Lymphoedema Awareness Month (1 – 31 March), and help raise awareness of the disorder and vital funds to support education and research into lymphoedema.

Those most at risk of developing lymphoedema are patients and survivors of some cancers.

Up to 66% of prostate cancer survivors, and one in five survivors of a number of other cancers including breast, gynaecological, and melanoma suffering the distressing, debilitating and often heartbreaking effects of lymphoedema.

You're invited to help raise awareness of lymphoedema by holding an Iced Tea Party to help people learn the early signs and symptoms, treatments, to increase understanding of this debilitating disorder, and raise vital funds to further research into the lymphoedema.

We're also reminding sufferers of lymphoedema to keep affected areas cool to help manage the severity of the disorder, and we're encouraging the community to understand that *ITS COOL TO BE KIND* to someone with lymphoedema, because this life-long disorder can be physically and emotionally distressing.

How to Host Your Own Iced Tea Party!

Hosting an Ice Tea Party is a refreshing, easy and fun way to raise awareness of lymphoedema, it's symptoms and funds to further education and research to help sufferers of lymphoedema. It can be large or small hosting family or friends, at school or at work or community group. You can choose to have a Morning Iced Tea Party, Cool Evening Iced Tea Party, a Sultry Sunday Iced Tea Party or even a Mad Hatter's Iced Tea Party for the kids. When you hold your Iced Tea Party you can be as creative as you like!

- ❄ Decide on a theme –Morning, Afternoon, Cool, Sultry Sunday, Mad Hatters
- ❄ Choose a date and time
- ❄ Register to host your Iced Tea Party today at www.lymphology.asn.au
- ❄ Invite your work colleagues, family and friends to enjoy a delicious Iced Tea, perhaps some Ice Blue Cupcakes or even some cool cucumber sandwiches or fruit!
- ❄ Share your awareness and fundraising with everyone you know and invite them attend or sponsor your Iced Tea Party with a donation
- ❄ Ask guests to bring a gold coin or more to help fund research into Lymphoedema – the money raised the more research we can conduct!
- ❄ Download posters, web tiles and more to promote your Iced Tea Party and Lymphoedema Awareness Month
- ❄ Download the early signs and symptoms of Lymphoedema to talk about it with your guests
- ❄ Donate funds raised no matter how small via MyCause and help to make a difference to those living with lymphoedema!



Why Host An Iced Tea Party?

When you host an Ice Tea Party, you can help spread the word that 'It's Cool To Be Kind' about Lymphoedema, learn the early signs and symptoms, obtain information about managing Lymphoedema or, locate an ALA accredited practitioner. Want to help the ALA learn more about how to improve diagnosis and treatments for sufferers of Lymphoedema, you can make a donation today to support research by visiting: www.lymphology.asn.au.

Themes For Your Iced Tea Party

- * Workplace Iced Tea Party
- * Afternoon Iced Tea Party
- * Morning Iced Tea Party
- * Mad Hatter's Iced Tea Party in the theme of Alice In Wonderland
- * Long Island Iced Tea Party
- * Sultry Sunday Iced Tea Party
- * Ice-Cream Sundae Iced Tea Party
- * Cool Iced Tea Party

Helpful Nibble Ideas

- * Cool Appetisers
- * Cucumber Sandwiches
- * Fairy Bread
- * Fruit Platters with 'cool fruit' – watermelon etc
- * Ice-Blue Iced Cupcakes
- * Cookies and Bickies
- * Ice-cream Sundaes

Helpful Hints For Making Iced Tea

Fun Tea Party Tips

- * Freeze mint leave or raspberries in ice cubes – first freeze small amount of water in bottom of tray to create a base, once frozen add the fruit/garnish then fill with water and freeze
- * Add 4–6 peppermint leaves for a mint flavouring
- * Use slices of dried or fresh fruit for a sangria taste
- * Add 1/8 tsp. each of ground nutmeg and cinnamon for spiced ice tea
- * White, Green, Oolong and Herbal tea also make great iced tea

Basic Ice Tea Recipe*

Here are directions on how to make a basic iced tea

- * 5 teaspoons black, loose tea leaves or 5 bags of tea
- * 4 cups water

Bring 2 cups of water to a boil. Remove kettle and pour over tea. Steep for about five minutes. Strain tea leaves or remove tea bags. Add 2 cups of cold water. Serve over ice. Makes approximately 1 litre.

Raspberry Iced Tea*

Tea:

- * 4 bags of Red Zinger Tea
- * 4 cups water
- * 1/2 cup simple syrup or to taste

Simple syrup:

- * 1/4 cups sugar
- * 1/2 cup water
- * 1/4 teaspoon vanilla extract

Bring 2 cups of water just short of a boil. Remove kettle and pour over tea bags. Steep for about five minutes. Remove tea bags. Add 2 cups of cold water. Stir in simple syrup

**Optional:* Add sugar to the 2 cups of cold water and stir to dissolve. Chill until ready to combine with the hot water and tea. You can also squeeze orange and lime wedges into tea then drop them in. Garnish with fresh raspberries or fruit. Serve over ice.



Almilla Ice Tea

If you like vanilla tea and almond tea, then you'll love this simple recipe combining the two flavours with your favourite green or oolong tea.

- * 4 cups green or oolong tea
- * 1/2 teaspoon vanilla extract
- * 1/2 teaspoon almond extract
- * 1/4 cup lemon juice
- *optional: 1/4 -1/2 cup sugar

Bring 2 cups of water just short of a boil. Remove kettle and pour over tea. Steep for about five minutes. Strain tea. Add sugar and stir until dissolved. Add 2 cups of cold water, vanilla extract, almond extract and lemon juice. Stir well and serve chilled or over ice.

Cupcake Recipe

Cupcake Ingredients

- * 200g butter, softened (do not use margarine)
- * 1 3/4 cups (370g) caster sugar
- * 2 tsp vanilla bean paste
- * 4 eggs
- * 2 3/4 cups (405g) self-raising flour
- * 1 cup (250ml) milk

Butter Icing

- * 200g unsalted butter, at room temperature
- * 6 cups (900g) soft icing sugar mixture
- * 1/2 cup (125ml) milk or water
- * blue food colouring, to tint
- * Silver sugar balls or other edible decorations to garnish



Preheat oven to 180°C. Line 24 1/3 cup (80ml) muffin pans with patty cases.

Cream the butter, sugar and vanilla bean paste with an electric mixer. Add the eggs, one at a time, and beat until just combined. Add the flour and milk in alternate batches and stir with a wooden spoon until just combined.

Spoon mixture evenly among the patty cases. Bake for 15-20 minutes or until cooked through. Remove from oven and transfer to a wire rack to cool completely.

For the frosting, use an electric mixer to beat the butter until very pale. Gradually add the icing sugar while beating. Add the milk or water and beat until well combined.

Divide frosting into small bowls and colour. Use a small palette knife or round-bladed knife to spread the icing.

Decorating tips:

Colour: Add colouring gradually until you've reached the desired shade. Butter that is very yellow will affect the colour; unsalted butter gives a paler base after beating.



Brooklyn Blackout Cake

From The Hummingbird Bakery cookbook

- * 100g unsalted butter at room temperature
- * 250g castor sugar
- * 2 eggs
- * 1/4 teaspoon vanilla extract
- * 45g cocoa powder
- * 3/4 teaspoon baking powder
- * 3/4 teaspoon bicarbonate of soda
- * a pinch of salt
- * 170g plain flour
- * 160ml whole milk

Mint Buttercream Icing

- * 150g unsalted butter (if you don't have unsalted use salted)
- * 300g icing sugar
- * 1/4 teaspoon vanilla extract
- * 1 tbsp water or milk
- * Solo or other hard mints crushed up
- * Ice Blue colouring paste

Preheat the oven to 170°C then line cupcake tray with paper cases. Cream the butter and sugar in a large bowl with electric mixer until light and fluffy. The longer you cream the butter and sugar the fluffier the cakes will be. For best results you want the mix to look light and fluffy. Add each egg one at a time, mixing well in between each addition. Turning the mixer onto low, add the vanilla, cocoa, baking powder, bicarbonate of soda and salt until well mixed. Finally add half the flour, mix, add all the milk, mix and then the remaining flour and do one final mix until combined.

Spoon, pipe or dollop mixture into 12 cupcake cases and bake for approx 20mins. Keep an eye on them as my oven is temperamental.

Cool the cakes completely before icing.

Starting slowly and building up, whip the butter and sugar together until smooth and combined. Add the vanilla essence and water (or milk - its up to you but water based frosting will 'keep' longer) and whip again on high speed for at least 5 minutes. Longer if you like. The longer you whip the lighter and fluffier your frosting will be.

Ice the cupcakes in any way you like, pipe it or just smear it on and decorate with glittery snowflakes made using Sugar Florist Paste, a snowflake plunger cutter and some 'disco white hologram' edible glitter.



The Australasian Lymphology Association (ALA)

The Australasian Lymphology Association (ALA) is the peak professional organisation promoting best practice in lymphoedema management, research and education in Australia and is committed to promoting the development of lymphology in Australasia.

Our vision is to make a difference in all aspects of lymphology. We strive to improve the management of those with, or at risk of developing lymphoedema and enhance communication between health professionals, educators, relevant authorities and government in regard to oedemas and lymphoedema.

The ALA is a public company limited by guarantee and registered as a health promotion organisation with charitable tax deductibility status. For information about managing lymphoedema or for more information about the ALA, please visit: www.lymphology.asn.au

