



'Tugg Talks' 'What's On!' SUPPLEMENT



The Club might be shutting for two weeks, but that does not mean we are asleep at the wheel!



GOING TO GOULBURN! TUESDAY 9 MAY

So, we are **'Going to Goulburn'** on Tuesday 9 May. Once a place to stop on the way to Sydney, the bypass has been the catalyst for this country town to develop into a desired destination. And we will experience a little of what is on offer!

Leaving from the Burns Club at 8.00am, we will soak up some local history with a guided tour of **Garroorigang Homestead** which will include morning tea. Lovingly restored by Anna and Stuart Hume, this lived-in home has been part of Goulburn's history for 158 years.

Continuing on the history trail, we will then pickup our local guide who give us a **snapshot of the City**, including a tale or two. We will end the tour at the **historic Waterworks** where we will step back in time to the 1880's when Goulburn first supplied piped drinking water to its residents.

By this time, we will have worked up an appetite so lunch at a local café, **Greengrocer on Clifford** will be welcome! Their menu is fresh and varied and we ask you to choose from the five alternatives below: *(Please note: Lunch is included in the cost but drinks are not)*

1. **GRILLED BARAMUNDI** – with chips & Salad
2. **QUICHE** – served with salad
 - 1) Bacon, baby spinach and tasty cheese or
 - 2) Butternut pumpkin, basil, onion, & fetta
3. **WARM SALAD BOWL** - Marinated beef, wok tossed with Spanish onion, and capsicum on a bed of cos lettuce, cucumber, served with tzatziki and potato crunch
4. **PITA PLATE** – marinated Greek Style
Chicken or pork served with tzatziki, pita bread, chips and salad
5. **VEGAN BURGER AND SALAD** - Sweet potato and couscous pattie, baby spinach, tomato, onion, avocado and vegan mayo served on Turkish bread

Suitably sated, we will then go on to enjoy the visual delights of the **Regional Art Gallery**. Both inside and out, there is much to see, and our guide will provide insight into the building and the collections.

Homewood bound, you cannot go to Goulburn without a visit to Rambo, the Big Merino – a little retail therapy, local wool history or a view from his eyes – a fitting way to end the day!

The inclusive cost for the day is \$95.00

**Booking with payment (inc menu choices)
by COB Wednesday 3 May**



Explore your creative nature in this sustainable flower play workshop using foraged foliage and local blooms.

Saturday, April 22 · 10am - 12pm – Cost \$15.00

Gumnut Cottage 97 Cowlshaw Street Greenway, ACT 2900

Global research indicates that connecting with nature has myriad benefits for health and wellbeing. These effects can be experienced during mindful moments - such as gathering and arranging flowers and foliage, appreciating the different shapes, textures, hues and aromas.

A bouquet of flowers can brighten a space and lift our spirits. Indeed, as a nurse, Florence Nightingale observed this effect on her patients: *"I shall never forget the rapture of fever patients over a bunch of bright-coloured flowers. I remember (in my own case) a nosegay of wildflowers being sent me, and from that moment recovery becoming more rapid."*

Join farmer and creative florist Catherine Keirnan for flower play at Gumnut Cottage. Celebrate Autumn by arranging foraged foliage and local blooms into a personally styled bouquet to take home.

Foraged bouquets are set apart by their seasonal and wild nature! Foliage will be mostly native species sourced from Catherine's rural property in Tharwa, with pops of colour from neighbouring *Twyllo* Flower Farm - we are keeping things local!

Catherine will demonstrate how to create a bouquet without the use of floristry foam or tape (which can be harmful to the environment). We'll break for morning tea before it's your turn - with guidance and tools provided. Participants can wrap their bouquet in paper and ribbon.

To book click on the below link:

[Autumnal Bouquet Workshop](#)

This event is jointly supported by Communities at Work's *Windows to Wellness* series and Landcare ACT's *Wellbeing through Nature* program. *Wellbeing through Nature* is supported by ACT Government through a Healthy Canberra Grant.

