



# The Wellington Club

# CLUB NEWS

APRIL 2007

## DIARY DATES

### APRIL 2007

GOOD FRIDAY  
- CLUB CLOSED -  
FRIDAY 6

EASTER MONDAY  
- CLUB CLOSED -  
MONDAY 9

GOODWIN CUP  
SNOOKER TOURNAMENT  
AND PRIZE-GIVING  
WEDNESDAY 11

WINE APPRECIATION  
DINNER  
WITH PALLISER ESTATE  
WEDNESDAY 18

ANZAC DAY  
- CLUB CLOSED -  
WEDNESDAY 25

LAST FRIDAY DRINKS  
FRIDAY 27

### MAY 2007

SENIORS' LUNCH  
WEDNESDAY 2

LADIES' LUNCHEON  
THURSDAY 3

EMBASSY EVENING  
USA  
THURSDAY 10

WINE APPRECIATION  
DINNER  
WITH GROVE MILL  
THURSDAY 17

LAST FRIDAY DRINKS  
FRIDAY 25

CONTINUED ON LAST PAGE...

## EMBASSY EVENING



# THE UNITED STATES OF AMERICA

With the Ambassador  
Mr William McCormick

Club Member Ambassador McCormick will address Members of the Wellington Club on Thursday 10 May 2007.

The Ambassador will speak on his home country, bringing some issues closer to New Zealanders. And as with previous functions of the series, Club Members will enjoy a convivial dinner afterwards. Please feel free to bring along some colleagues, friends or family members who are interested in hearing about the USA.

Time : 6.30pm Welcome Drink  
7.00pm Presentation by  
the Ambassador

7.30pm approx. Dinner

Dress : Jacket & Tie, Evening Wear

Cost : \$45.00 p.p.

## Wine Appreciation Dinner with

# PALLISER ESTATE MARTINBOROUGH

on Wednesday 18 April 2007



Palliser Estate has a most impressive tally of medals and trophies, going back to 1991, and is simply too long a list for the newsletter. Club Member and managing director Mr Richard Riddiford will be showing his outstanding Wairarapa wines. Members will have the opportunity to try samples from the Pencarrow Range and enjoy Palliser Estate Wines with the dinner.

The Club has already received close to 20 bookings for this night! Please make your booking early to secure your table at this popular function. As usual we will accept bookings for individual tables of eight or more guests.

Time : 6.30pm Arrival and Tasting

7.00pm Introduction  
to Palliser Estate

7.20pm approx. Dinner with  
Palliser Estate Wines

Dress : Jacket & Tie, Evening Wear,

Cost : \$59.50 p.p.



## DDI TELEPHONE DIRECTORY

Toni Frow-Patchett, H & F Centre	474 0736
Alfonso Basile, Chef	474 0735
Juergen Sparrer, Secretary Manager	474 0733
Jane Wells, Functions Manager	474 0732
Margot Moore, Club Accountant	474 0731
Pamela McGill, Office Manager	474 0730
The Wellington Club (Pilot number)	472 0348

MEMBERS AND THEIR GUESTS CAN NOW SPLIT THEIR LUNCH AND DINNER À LA CARTE ACCOUNTS BY USING EFT/POS AT THE CLUB.

## PRESIDENT'S COLUMN

Your Committee has reviewed the standard of glassware currently in use. I am pleased to announce that new high-quality German-made glassware will be introduced throughout the Club after Easter. The Committee considered that our glasses should match the high quality of wines the Club serves. The new red and white wine glasses are significantly larger, thus enhancing the colour and bouquet of the wines. The volume of wine served in each glass will not increase as a result.

Many Members travel overseas during the year. The Club office would welcome Members advising the length of time they will be away as some Members overlook the payment of their account through being overseas. I can assure Members that such notification to the Club will be kept confidential. The Club equally asks Members to complete a bank direct debit form to ensure accounts are paid on the due date. This avoids any fines being imposed for late payment.

Last month we enjoyed hosting the British High Commissioner at our regular Embassy Theme Evenings. One hundred and twelve Members and guests enjoyed a truly British evening. As a matter of interest, our Club has reciprocal rights with 23 Clubs in Great Britain. Before visiting any of these Clubs, please arrange your stay with our front office. Payment by credit card is essential when booking out at each reciprocal Club.

I hope all Members have a relaxing Easter with family and friends.



Tim Olphert – President

# WINNERS

## OF THE ANNUAL WELLINGTON CLUB GOLF TOURNAMENT

*at the Royal Wellington Golf Club*

This year's competition saw the largest number of competitors ever. Many positive comments were received on how smoothly the tournament went, without players being rushed or having to wait too long at the tees. Together with splendid weather and the impeccable assistance of the RWGC, it was one of the best-ever golf events for the Wellington Club.

Further prizes were presented to winners in other categories. The Committee congratulates the winners and thanks everybody for participating in the event.



Winners of the main competitions were:

**Single Stableford (AXA-Cup):**

Mr F J Handy

**Runner-up:**

Mr C G Blair

**Combined Stableford:**

Messrs C G Blair & J E Aburn

**Runners-up:**

Messrs K R Macdonald & G Wallingford

**Nine-hole competition:**

Mr B H Tolley

**Runner-up:**

Mr M T F McClelland

# Easter Closure

Please note that all Club services are closed between Good Friday 6 April and Easter Monday 9 April with the following exceptions:

- The car park remains available to Members throughout this long weekend (no charge).
- The Health & Fitness Centre operates on Saturday and Sunday and is closed on the public holidays as usual.
- Accommodation is available to Members and guests throughout the Easter weekend.

*With the exception of the car park and accommodation, all Club services and facilities are closed on ANZAC Day, 25 April.*

## The Goodwin Snooker Tournament and Prize-Giving Dinner

*Wednesday 11 April 2007*

At time of printing the newsletter there were three spaces left to be filled. Members who are still undecided about playing that night should call the Secretary, who is always pleased to receive 'back-ups' in order to have a full field of 32 competitors.

*The registration forms for the various competitions throughout 2007 are displayed in the Billiard Room. Members are invited to enter their names by 30 April 2007.*

**Time :** 6.00pm Arrival & drinks  
6.15pm Presentation of the 2006 Championship trophies  
6.30pm Snooker and Dinner  
9.00pm Supper

**Cost :** \$39.50 All inclusive

# HEALTH & FITNESS CENTRE NEWS

## WALK IN THE PARK

Only three walks remain in this summer-autumn series.

Good walking shoes are recommended, along with your own water and a fitness walking stick. Please register through reception so I know who is coming and can book the café.

*I look forward to seeing you there!*

**Cost : \$7 for non-Health & Fitness Centre members, partners and friends (free for registered H&F Centre members), Individual café costs**

Southern Walkway Group



### Walk 4: Thursday 19 April

Northern Walkway Part 1: 2 hours, hilly but good track, 9.15am start, meeting at Khandallah Park car park, Woodmancote Road.

### Walk 5: Thursday 3 May

Northern Walkway Part 2: 2 - 2 1/2 hrs, some hill, good track, 9.15am start, meeting at the Botanic Gardens Rose Garden car park.

### Walk 6: Thursday 17 May

Colonial Knob: 4 - 4 1/2 hours a little more challenging than the other walks, but we go at the easiest pace and it is well worth the effort, meeting 9.00am.

## SEATED BAR TWIST

This month's exercise is the Seated Bar Twist. Sit on a bench with your feet flat on the floor and shoulder width apart. Have a bar (broom stick is fine) sitting across your shoulders. If your shoulder flexibility is limited hold the bar in front of your neck rather than behind.

Try the poor posture technique of dropping your head, shoulders and upper back forward. Try twisting in this posture to see how far your body will turn.



Now, sit as tall as you can with head up, shoulders back and maintaining a lumbar curve. Twist and see/feel the difference in the rotational movement range. If performed correctly you should be able to twist significantly further than with the poor posture technique.



Repeat this exercise 20 times each way, focussing on sitting in your best upright posture. Perform this exercise with control rather than just swinging rapidly from one side to the other.

## SELF DEFENCE FITNESS CLASS

**When : Tuesdays 2-3pm**  
**Cost : \$25-\$30 per class depending on numbers**  
**Where : Squash Court, basement level**  
**Instructor : Ben Otang**  
- 6th dan Seido Karate

*Book with Toni at the Health & Fitness Centre*

## CONDITIONING FOR GOLF

As there are a large number of Wellington Club Members who play golf, I thought I might introduce stretches and exercises targeting muscles specifically for this game.

Firstly we need to consider posture. As golf is a sport that requires a combination of rotational flexibility, strength and general aerobic fitness (to allow the player to last the full 18 holes keeping good form) a poor posture will limit or challenge all of these.



## CHESS AT THE CLUB

These popular evenings start off with drinks and a three-course dinner followed by two hours of Chess, which gives everybody the chance to play two or three games with different opponents. Afterwards supper is served. The Club prides itself on its unrivalled playing conditions, a cause for comment by many Members.

So come to the Club and enjoy a challenging evening on Tuesday 24 April 2007.

**Cost is only \$34.00 per person.**  
**Members are encouraged to bring along friends as their guests. Make your booking by phoning the Office: 472 0348**

**Time : 6.15pm Drinks and Dinner followed by Chess and Supper**  
**Dress : Jacket and Tie**  
**Cost : \$34.00 p.p.**



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# WINE NEWS

## PENFOLDS BIN RELEASE

This month, wine lovers are toasting the annual release of the Penfolds Bin wines, the core of the Penfolds range. Much excitement and anticipation surround the release this year as it features reds from the superb 2004 vintage, with each wine proudly demonstrating the unique Penfolds winemaking philosophy.

*This is your opportunity to add some classic wines to your cellar that will endure the test of time.*

**EXCLUSIVELY FOR CLUB MEMBERS FOR APRIL**

	YEAR	CASE	BOTTLE
<b>Bin 389 Cabernet Shiraz</b> Dense and dark in colour with a nose that hints at Grange character. This wine has flavours of stewed plum meshed with notes of cinnamon, nutmeg and whole black peppercorns. The palate is tight and full-bodied, persistent, long and forceful. The wine has impressive texture, with pronounced, well-defined powdery tannins and oak totally absorbed in a wash of liquorice and berried fruits.	2004	\$248.40 per 6 pack	\$41.40
<b>Bin 407 Cabernet Sauvignon</b> Dense deep red in colour, with an aromatic, active and distinctly Cabernet Sauvignon nose with wafts of Asian spices, dried lemongrass, star anise and blackcurrant. True to vintage, the palate shows natural, mouthwatering acidity, balanced by complimentary stylish oak.	2004	\$190.80 per 6 pack	\$31.80
<b>Bin 28 Kalimna Shiraz</b> A wine that is deepened crimson with a purple core. The nose is complex with notes of demi-glace and roasting pan juices, beneath scents of pipe tobacco, vanilla and pencil shavings' oak. The palate is full-bodied and refined, showing dark, black conserve fruit flavours. Further liqueur chocolate and spice flavours are impregnated by overt, chewy and ripe tannins.	2004	\$158.40 per 6 pack	\$26.40
<b>Bin 128 Coonawarra Shiraz</b> Raspberry red in colour with a nose that shows an immediate, tell-tale cool climate waft of ground black pepper. Notes of sarsaparilla, cola, soy, dark fruits and a hint of bayleaf follow with a swirl of the glass. Cedary oak aromas provide a background with the flavour of a mix of red liquorice, juniper and rhubarb.	2004	\$158.40 per 6 pack	\$26.40
<b>Bin 138 Barossa Valley Old Vine Grenache Shiraz Mourvèdre</b> This is deep plum red with ripe and intense Grenache aromas and some Shiraz spices (cinnamon and musk) and dark liquorice notes also on offer. Dark berried fruits and cherry aromas are also evident, as is a hint of oak. The palate is fresh and lively, full flavoured, rich and generous.	2005	\$158.40 per 6 pack	\$26.40
<i>The following great value Club House Wines are also always available:</i>			
Shingle Peak Marlborough Sauvignon Blanc		\$179.40	\$14.95
Matua Matheson HB Chardonnay		\$211.80	\$17.65
Burge Barossa Vines Shiraz		\$181.20	\$15.10

*Remember that you can also purchase all your spirits and beer from your Club. Delivery can be arranged. Allow 7-10 days for availability. Return the enclosed order form.*

## DIARY DATES

**JUNE 2007**

**SENIORS' LUNCH**  
WEDNESDAY 6

**LADIES' LUNCHEON**  
THURSDAY 7

**WINE APPRECIATION DINNER WITH TE MATA WINES**  
TUESDAY 12

**MID WINTER ROAST DINNER**  
WEDNESDAY 20

**THEME EVENING "MATARIKI" WITH THE CARTER OBSERVATORY AND MATARIKI WINES**  
WEDNESDAY 27

**OPERA PACKAGE LUCIA DI LAMMERMOOR**  
THURSDAY 28

**LAST FRIDAY DRINKS**  
FRIDAY 29

### SENIOR MEMBERS' LUNCH

The next monthly luncheon for senior Members (65 years and over) will be held on:

*Wednesday 2 May 2007,  
Guests of Members welcome.  
12.00 for 12.40pm*

### LADIES' LUNCHEON

Every first Thursday of the month, women Members meet for lunch. Please feel free to invite a guest or two to come along. Please call Jane Wells if you would like to be included in the monthly email reminder for the luncheon.

Make a note in your diary for:

*Thursday 3 May 2007,  
12.30 for 1.00pm*

## THE LAST FRIDAY DRINKS

*27 April 2007*

Committee member Major Michael Brown, until now host of these evenings, has been temporarily assigned to Bosnia. However, this does not mean that these last Friday events will come to an end. Chairman of the Food, Wine and Functions Subcommittee Mr Graham Stewart will take over the hosting of this regular function during Major Brown's absence.

Please advise the Secretary Manager if you wish to be added to the e-mail reminder of this function or of any additional names you would like to be included.

<b>Date</b>	: The last Friday of every month
<b>Time</b>	: from 5.00pm onward to 6.30pm approx.
<b>Supper</b>	: Available from 6.30pm
<b>Venue</b>	: Members' Bar Level 6
<b>Dress</b>	: Tidy casual (no denims)
<b>Cost</b>	: Drinks; Supper if requested
<i>A supper is available afterwards – reservations are essential and a charge of only \$10.00 will apply.</i>	

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# The Wellington Club

PO BOX 10 129, TELEPHONE 472 0348, FACSIMILE 472 2475, WELLINGTON

Members are invited to provide the Secretary Manager with their e-mail addresses for 'last minute reminders' for Club Functions.

Please forward to: [juergen@wellingtonclub.co.nz](mailto:juergen@wellingtonclub.co.nz)

RSVP:

## THE ANNUAL GOODWIN SNOOKER TOURNAMENT AND PRIZE GIVING DINNER

Wednesday 11 April 2007



(Member's name)

(Club No)

(e-mail voluntary)

(Places)

(Telephone)

RSVP:

## WINE APPRECIATION DINNER WITH PALLISER ESTATE WINES

Wednesday 18 April 2007



(Member's name)

(Club No)

(e-mail voluntary)

(Places)

(Telephone)

RSVP:

## 'EMBASSY EVENING': UNITED STATES OF AMERICA

Thursday 10 May 2007



(Member's name)

(Club No)

(e-mail voluntary)

(Places)

(Telephone)

## APRIL WINE SPECIALS: *Please reserve the following WINE*



	YEAR	CASE	BOTTLE	No. CASES	No. BOTTLES
Bin 389 Cabernet Shiraz	2004	\$248.40 (6 pack)	\$41.40		
Bin 407 Cabernet Sauvignon	2004	\$190.80 (6 pack)	\$31.80		
Bin 28 Kalimna Shiraz	2004	\$158.40 (6 pack)	\$26.40		
Bin 128 Coonawarra Shiraz	2005	\$158.40 (6 pack)	\$26.40		
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