



# The Wellington Club

# CLUB NEWS

## August 2007

### DIARY DATES

August 2007

Members' and Daughters' Dinner  
THURSDAY 9

Wine Options Dinner  
THURSDAY 16

Last Friday Drinks  
FRIDAY 31

September 2007

Seniors' Lunch  
WEDNESDAY 5

Pat Williams Snooker Tournament  
WEDNESDAY 5

Ladies' Luncheon  
THURSDAY 6

Members' and Sons' Dinner  
WEDNESDAY 12

Thursday Theme Evening "The Skripov Case"  
THURSDAY 13

Combined Services Dinner  
WEDNESDAY 19

Wine Appreciation Dinner with Crossroads Winery  
THURSDAY 27

Last Friday Drinks  
FRIDAY 28

Daylight Savings commences  
SUNDAY 30

October 2007

Seniors' Lunch  
WEDNESDAY 3

Ladies' Luncheon  
THURSDAY 4

President's At Home Reception  
WEDNESDAY 17

continued on last page.

### Combined Services Dinner

Wednesday 19 September 2007

The Club Committee is very proud to have secured Club Member Captain Ricardo Martinez, USN, Defence Attaché at the Embassy of the United States of America as guest speaker for this year's event.

Captain Martinez is a career submarine officer with the U.S. Navy and has operated out of Atlantic and Pacific homeports. The Navy has taken him to twenty countries in the North Atlantic, Caribbean, North Pacific, South Pacific, and West Pacific regions. He served as a junior officer in USS SKIPJACK, Department Head in USS KAMEHAMEHA and USS OLYMPIA, and Executive Officer in USS GEORGE C. MARSHALL. From November 1994 to October 1997 Captain Martinez served as Commanding Officer in USS GATO, USS NEW YORK CITY, and USS GROTON.

This function is open to Club Members, active in or retired from the Services, and their guests, as well as all other Club Members who have an interest in the Armed Forces. This is a formal military dinner, a highlight on the Club's calendar of events.

**Time** : 19.00 for 19.30  
**Dress** : Mess Kit (authorised) or Black Tie, Evening Wear and Decorations  
**Cost** : \$60.00 p.p.

### Members' and Sons' Dinner

with Guest Speaker and Club Member

Philip Meyer

Wednesday 12 September 2007

Club Member Philip Meyer, a regular user of the Club has kindly agreed to be this year's guest speaker at the traditional Members' and Sons' Dinner in September. This function is open to all Members and their sons, grandsons, sons-in-law, godsons and stepsons. There is no restriction on the number of your guests. It is a great opportunity to show your Club to your family members and to let them sample Alfonso's and Liam's good food.

After the meal Members are invited to show their guests around the Club and its facilities or simply retire for a game of snooker to the Billiard Room or settle in at the Club bar.

**Time** : 6.30pm Arrival and Drinks  
7.00pm Dinner  
9.30pm approx. Guest Speaker  
**Dress** : Black Tie, Evening Wear  
**Cost** : \$59.50 p.p. including welcome drinks, dinner and table wines

### 2007 MARTINBOROUGH WINE, FOOD AND MUSIC FESTIVAL

The Club has only 8 tickets left for this popular event on Sunday 18 November 2007. The cost is \$110.00 p.p. and has not changed from last year covering the same services as every year.

*Do not delay - phone Pam McGill today!*

### Thursday Theme Evening

Thursday 13 September 2007

Your Committee has planned another Thursday Theme Evening. This time it is a "spy story":

**"THE MYSTERIOUS MISS X"**  
**A.K.A. "THE SKRIPOV CASE"**

Club Member Dr Warren Tucker, Head of the NZSIS, will introduce the DVD showing the story to Members and their guests and give some insider background on this famous incident.

**Time** : 6.00pm Welcome Drink  
6.30pm Presentation and Video  
7.30pm approx. Dinner  
**Dress** : Jacket & Tie, Evening Wear  
**Cost** : \$45.00 p.p. all inclusive

### Lunch at the Club

June and July have been very quiet months in the Club's Dining Room at lunch time. Alfonso and his kitchen team have put together a new menu in late July, just in time and ready to welcome back the many Members who enjoyed the warmer climate in Australia or even further afar.

Members and their guests create a wonderful atmosphere. Their happy conversation and occasional laughter make the Club's Main Dining Room a splendid venue to enjoy lunch at and together with its most affordable prices makes it the best place in town to enjoy privacy and gastronomic delights.

All Members are encouraged to come and try out the new menu, continue and maintain this atmosphere at the Club and make use of its facilities. You might prefer the less formal lunch on level 6, which ranges from pre-made sandwiches to a hearty soup, a daily changing hot dish and cheese; alternatively you may choose the 'best offer in town' on level 5 at the buffet, where a complete meal is available for only \$10.00 and you can make new acquaintances and friends at the Club tables. For those with a little bit more time available come to the à la carte section, where our friendly staff will look after you and ensure a leisurely lunch hour for you and your colleagues or friends.

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

The Presidency of the Club is a daunting responsibility, but the skills and quality of the Committee give every confidence for the year ahead. The new Committee members - Dr Tony Crutchley and Professor John Prebble are particularly welcome.

The Club was honoured by the presence of their Excellencies the Governor-General and Mrs Satyanand at the recent Annual Dinner. The evening was marked by the largest attendance for many years for an Annual Dinner, and was an undoubted success.

The Annual General Meeting marked the retirement of Tim Olphert, as President, and Graham Stewart from the Committee, both of whom over many years have made outstanding contributions to the life of the Club.

The restoration of the Club's art is making good progress. Work on the "Battle Scene" in the Ante Room (Level 5) has been completed other than the frame. The painting is back on the wall, with striking blue and red colours. The wooden hand-carved frame is being restored to its original gilt gold leaf splendour. The programme is to have the Club's art cleaned, restored and properly lit. The "Night-watchman" on the staircase between Levels 5 and 6 (presented to the Club in 1957 by Mr G D M Goodwin) is next to be restored.

Members are reminded of the following functions:

- **Members' and Daughters' Dinner** on Thursday, 9 August, at which the speaker will be Club Member Dr Gabrielle Ruben;
- **The Services Dinner** on Wednesday, 19 September 2007, at which the speaker will be Captain R Martinez. His Navy career included command of a United States nuclear submarine. Next month's "Club News" will include details of the subject of his speech.

The deaths of the following members in July are noted with regret: H W Hunter and A A T Ellis.

The Committee for 2007/2008 looks forward to the year ahead and would appreciate any suggestions. Please feel free to make them to any Committee member.



Dan Stevenson  
President

## The Last Friday Drinks

Friday 31 August 2007

These evenings have become very popular with many Members. The ensuing supper is very convivial and Members seem to be very relaxed on a Friday after a week's hard work. There is a great atmosphere and the whole evening is really 'clubable'.

*It is important to advise Jane Wells if you would like to stay for supper as we have recently experienced a very heavy demand on the food, maybe because it is just of such good quality and value.*

The evening is attended by several members of the Club Committee, a pleasant way to meet your Committee. The members of the Committee would like to see many Members coming and prospective candidates introduced to the Club.

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

*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.*

## Wine Appreciation Dinner: **CROSSROADS WINERY**

Thursday 27 September 2007

Founded in 1990, Crossroads Winery has established itself as a well-known boutique winery in Korokipo Road, Fernhill, Hawke's Bay. As one of Hawke's Bay's "premium" winegrowers, strict quality controls apply in the production of a reliable high-standard wine, every year. The main varietals are Sauvignon Blanc, Chardonnay, a wonderful German-style Gewürztraminer, Syrah and Merlot Cabernet. Insiders have heard about their highly sought-after flagship wine "Talisman", a secret blend of six traditional, mainly Bordeaux-style, grape varieties. Members might recall that the Club had this rare wine in its cellar some years ago.

Crossroads is now part of a much larger wine company predominantly in the export market to the UK, USA and Australia under a number of brands including Southbank Estate, The Crossings and 3 Stones.

It is highly likely that this is the last wine appreciation dinner for 2007. Members are therefore encouraged to come along and enjoy a very relaxed and social evening before everyone and everything becomes too busy again! Individual table reservations for 8 or more guests will be accepted.

**Time** : 6.30pm Arrival and Tasting  
7.00pm Dinner with Crossroads  
9.30pm approx. conclusion  
**Dress** : Jacket & Tie, Evening Wear  
**Cost** : \$59.50p.p.

## MEMBERS' AND DAUGHTERS' DINNER

with Guest Speaker and Club Member

## Dr Gabrielle Ruben

Thursday 9 August 2007

Members will be pleased to see that the Club has been able to organise a guest speaker again for this traditional event. The Club is fortunate that Dr Ruben agreed to address Members and their daughters. The event is open to all Club Members, their daughters, goddaughters, daughters-in-law, step-daughters, granddaughters and perhaps even great-granddaughters.

While the evening is black tie and evening wear, it is going to be a very convivial and not too formal function. After the address, the billiard room will be available for those who would like to enjoy a little challenge.

**Time** : 6.30pm Arrival and Cocktails  
7.00pm Dinner  
9.00pm approx address  
by Dr Ruben  
**Dress** : Black Tie, Evening Wear  
**Cost** : \$59.50 p.p.

## Wine Options Dinner

with Raymond Chan

of Regional Wines & Spirits

Thursday 16 August 2007

A little variation to the regular wine appreciation evenings: this wine evening will be educational, interesting and most importantly, at lot of fun and laughter. Raymond Chan of Regional Wines and Spirits, who is well known to many Club Members, will guide Members and their guests through a wine tasting or rather wine guessing with hilarious results, unexpected surprises and the occasional embarrassment – but all with good humor. There will be three white and three red wines provided.

The Club is confident that the minimum number of 25 players will be reached easily and asks Members to think of putting their own teams of 4 - 6 (maximum) players together if they so wish. Individual or smaller bookings are taken as well and the Club will put teams together.

Food in style of antipasto platters and cheese will be available throughout the evening. A main course towards the end will be served. Please note it is not going to be a formal and regular three-course meal. This would not suit the format of the evening and it is hoped Members will enjoy the change at this occasion.

**Time** : 6.30pm Arrival and glass of wine  
7.00pm Wine Option Game  
with dinner  
9.30pm approx. conclusion  
**Dress** : Jacket & Tie, Evening Wear  
**Cost** : \$59.50p.p. this includes all wines for the evening, food and prizes for the winners

Members and their guests can now spl it their lunch and dinner à la carte accounts by using EFT/POS at the Club.

# THE ANNUAL PAT WILLIAMS SNOOKER TOURNAMENT

Wednesday 5 September

Please register for the last snooker tournament of the year as soon as you receive the newsletter, as it will only be advertised this once. It is desirable to have a full field of 32 competitors with one or two Members being available to cover for Members who can't play on short notice. The Club would like to see new competitors this time as well, as this would contribute to the game and make it more interesting.

The format will remain the same as it has been with one half of the Members enjoying dinner in the dining room while the other half is playing their first round. It is therefore essential to have a full field of players so that everyone has at least two games.

**Time : 6.00pm**  
**Arrival and Drinks**  
**6.15pm**  
**Snooker and Dinner**  
**9.00pm approx.**  
**Supper**

**Dress : Jacket & Tie**

**Cost : \$39.50 p.p. including**  
**pre-dinner drinks,**  
**dinner, wines at dinner**  
**& prizes**

## CHESS AT THE CLUB

Tuesday 28 August 2007.

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.

**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.**

# HEALTH & FITNESS CENTRE NEWS

## conditioning for golf

### Exercises to assist Postural Strength

The following exercises target and strengthen the postural stabilising muscles of the back, the hip and the shoulder, which in turn assist in producing a stronger, more accurate golf swing. The key point for these exercises is to ensure that the position of your spine is correct. "Train the muscles in the best possible posture".

The first exercise is the Horse Stance Vertical (HSV). Once you have mastered this, while maintaining correct spinal posture, go onto the Horse Stance Horizontal (HSH). The HSH will take you to a new level, and holding correct spinal posture while performing this exercise will be challenging. The third exercise is the Bent Over Row. This exercise has you holding the same spinal posture as the Horse Stance exercises, but in a standing golfing position.

#### HORSE STANCE VERTICAL



Starting position is on hands and knees with hand position under the shoulder and knee position under the hip. Place a wooden rod along your spine to help

maintain correct spinal alignment. There should be a small gap between the rod and your lumbar (lower) back, while your head, upper back and sacral spinal should all be in contact with the rod. Maintain this spinal position throughout the Horse Stance exercises.

Now pull your belly button towards your spine and lift one hand and opposite knee about 1cm off the floor. Hold for 10 secs, lower to floor and lift the other hand and knee. Repeat 5-10 times each side.

#### HORSE STANCE HORIZONTAL

Progress to this exercise only once you have mastered the HSV, as this exercise takes you to an advanced level when performed correctly. Start in the same hands' and knees' position as the HSV.



Lift your arm and opposite leg to be in line with your spine, with your arm approximately 45° from the midline of your body and your leg held straight. Be sure to maintain your spinal alignment, avoiding lifting or dropping either hip or shoulder. Maintain same gap between rod and lower back. Hold for 10 seconds then repeat on the other side.



#### BENT OVER ROW

This exercise maintains the spinal posture form of the Horse Stance exercises and has you strengthening the posture of your back, gluteals, hamstrings and posterior shoulder in a standing position. The stance this exercise is performed in is slightly lower than your golf swing stance.

Start position is with knees slightly bent and with arms straight bend forward at the hips taking your hands to your knees. Get someone to check your spinal posture by holding the wooden rod along your spine. There should be the same gap between rod and lumbar spine as in the Horse Stance exercises.

Holding a light weight, perform the exercise by lifting your elbows up towards the ceiling, keeping your elbows out to the side and away



from your body. Avoid raising your shoulders. You should feel the muscles in the back of your shoulders and between your shoulder blades working. Your elbows should lift to shoulder height. Ensure you maintain spinal posture with belly button pulled towards your spine. Repeat 10 times, taking 2 seconds to lift and 3 seconds to lower. Rest one minute then repeat.

## RECIPROCITY

The Committee has agreed to establish reciprocity with a further Club in Brisbane, Queensland:

### THE MORETON CLUB

It is located in New Farm only a few minutes' drive from the centre of the City along the Brisbane River and housed in a charming Heritage listed sand stone building from the 19th century. Being set back, the Club enjoys a beautiful view across the Brisbane River, the Story Bridge and the city's skyline. Men and women of reciprocal Clubs are welcome alike.

Next time you need to travel to Brisbane, book with Pam McGill and try it out!

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# WINE NEWS



EXCLUSIVELY FOR CLUB MEMBERS FOR AUGUST

	YEAR	CASE	BOTTLE
<b>Yalumba Hand Picked Tempranillo</b> This blend (89%) with additional Grenache (6%) and Viognier (5%) is a lively purple red in colour. The nose offers aromas of rose petals and raspberries which lead into a palate of gravelly tannins and long black cherry flavours. These flavours are made silky by the co-fermentation with Viognier, while the Grenache has contributed spiciness. This wine is drinking superbly now but with careful cellaring, will also develop some classic aged savoury flavours over the next five years.	2005	\$172.80 (6 pack)	\$28.80
<b>Yalumba Hand Picked Eden Valley Riesling</b> Very pale straw in colour with lively green hues, this wine offers fresh aromas of lemon and lime juice, with a slight orange blossom overtone. The palate shows great depth and is long and lively, with intense citrus fruit flavours and a hint of spice. The wine finishes with refreshing natural lemon acidity. This wine is great drinking now, but the Stelvin closure has ensured that it will cellar well for at least 10 years and will slowly develop toast and honey flavours as it ages.	2002	\$121.50 (6 pack)	\$20.25
<b>Yalumba Eden Valley Viognier</b> The mild ripening season has lead to intense and aromatic aromas and flavours in the wine which is a pale gold in colour with green highlights. The nose displays aromas of apricot nectar, with lifted honeysuckle and orange oil perfume. A long, rich and luscious palate, with intense stone fruit flavours, particularly white peach and apricot, finishes with an aromatic citrus freshness.	2006	\$210.00	\$17.50
<b>Yalumba Hand Picked Botrytis Viognier - 375ml</b> This wine has a stunning golden colour, with intense aromas of honeysuckle and fine white flowers, enhanced by hints of lavender blossom. The palate, with its high residual sugar, is long and elegant with luscious flavours from both the Viognier and Botrytis influences of apricots, peaches and spice. The finish is fresh with lingering flavours and a hint of lemon peel. This wine is drinking superbly now, and will continue to develop in the bottle for 5-8 years.	2006	\$266.40 (375ml)	\$22.20 (375ml)
<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.

## A GENTLE REMINDER

Members are reminded that it is their responsibility to ensure that their guests are dressed in line with the Club's by-laws. Club staff are charged with the preservation and upholding of Members' rules and by-laws. It is embarrassing for all parties involved having to remind the hosts of their responsibilities. Levels 4 and 5 strictly ask for a jacket and tie throughout the day and night with exception for houseguests on coming to and leaving the Club. A jacket should be of suit-style, a zipper or casual jacket is not acceptable.

Level 6 provides a more relaxed standard of dress, where neither jacket nor tie need to be worn. However, denims, running shoes, T-shirts and non-collared shirts are not acceptable. Members going to the Health and Fitness Centre should use the prescribed access and not linger on floors in the Clubhouse.

## ANNUAL REPORT

### 2006 - 2007

Those few Members who have received the Annual Report with pages missing, should contact the Secretary in order to receive a complete report. This error occurred at the printers during the manufacturing process at the point of the manual collating of the printed pages. The Club's printers apologise for this mistake.



## DIARY DATES CONTINUED

... October 2007

Opera Package  
 "Turandot"  
 THURSDAY 18

Labour Day  
 - Club closed -  
 MONDAY 22

Last Friday Drinks  
 FRIDAY 26

Champagne Dinner  
 (t.b.c.)  
 WEDNESDAY 31

## Senior Members' Lunch

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

Wednesday 5 September 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 6 September 2007,  
 12.30 for 1.00pm

## Membership:

The following eight candidates were admitted to full Club membership at the regular Committee meeting in July:

Milton John Bevin,  
 Ruth Bruce,  
 Seth Thomas Silas Campbell,  
 Beverley May Eriksen,  
 Peter Heenan,  
 David James Merrall,  
 Alexander Malcolm McKinnon,  
 Graeme Kerr Yule,  
 John Alfred Rainey-Smith,  
 Anthony Terry Hanmer Smith

The new Members will be welcomed by the Committee and the Club's Trustees in early August.

The Wellington Club | 88 The Terrace | PO Box 10 -129 | Wellington, New Zealand  
 Telephone 04 472 0348 | Facsimile 04 472 2475  
 e-mail info@wellingtonclub.co.nz | web site www.wellingtonclub.co.nz

Members and their guests can now split their lunch and dinner à la carte accounts by using EFT/POS at the Club.



# 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: **Members' and Daughters' Dinner with Dr Gabriel I e Ruben**   
*Thursday 9 August 2007*

(Member's name) (Club No) (e-mail voluntary) (Places) (Telephone)

RSVP: **Wine Options Dinner with Raymond Chan**   
*Thursday 16 August 2007*

(Member's name) (Club No) (e-mail voluntary) (Places) (Telephone)

RSVP: **Pat Wil I iams Snooker Tournament and Dinner**   
*Wednesday 5 September 2007*

(Member's name) (Club No) (e-mail voluntary) (Places) (Telephone)

RSVP: **Members' and Sons' Dinner**   
*Wednesday 12 September 2007*

(Member's name) (Club No) (e-mail voluntary) (Places) (Telephone)

RSVP: **Thursday Theme Evening 'The Mysterious Miss X'**   
*Thursday 13 September 2007*

(Member's name) (Club No) (e-mail voluntary) (Places) (Telephone)

RSVP: **Wine Appreciation Dinner - Crossroads Winery**   
*Thursday 27 September 2007*

(Member's name) (Club No) (e-mail voluntary) (Places) (Telephone)

RSVP: **Martinborough Wine, Food & Music Festival**   
*Sunday 18 November 2007*

(Member's name) (Club No) (e-mail voluntary) (Tickets) (Telephone)

**August Wine Specials:** *Please reserve the following WINE* 

	YEAR	CASE	BOTTLE	No. CASES	No. BOTTLES
Yalumba Hand Picked Tempranillo - 6 pack	2005	\$172.80	\$28.80		
Yalumba Hand Picked Eden Valley Riesling - 6 pack	2002	\$121.50	\$20.25		
Yalumba Eden Valley Viognier	2006	\$210.00	\$17.50		
Yalumba Hand Picked Botrytis Viognier - 375ml	2006	\$266.40	\$22.20		
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		

(Member's name) (Club No) (e-mail voluntary) (Telephone)