The Wellington Club

# CLUB NEWS

AUGUST 2008

## DIARY DATES

**AUGUST**

- Seniors' Lunch — Wednesday 6
- Women's Luncheon — Thursday 7
- Wine Appreciation Dinner with Drylands — Tuesday 19
- Members' and Daughters' Dinner — Tuesday 26
- Chess Evening — Tuesday 26
- Last Friday Drinks — Friday 29

**SEPTEMBER**

- Seniors' Lunch — Wednesday 3
- Women's Luncheon — Thursday 4
- Thursday Theme Evening "Antique Guns" — Thursday 18
- Members' and Sons' Dinner — Tuesday 23
- Last Friday Drinks — Friday 26
- Chess — Tuesday 30

**OCTOBER**

- Seniors' Lunch — Wednesday 1
- Pat Williams Snooker Tournament — Wednesday 1
- Women's Luncheon — Thursday 2
- President's "At Home" — Wednesday 15
- Emerging Artists with Dame Malvina — Friday 17
- Chess — Tuesday 28
- Last Friday Drinks — Friday 31

## *The Annual Members' and Daughters' Dinner*

### with Guest Speaker and Club Member Alfie des Tombe

*Tuesday 26 August 2008*

Club Member Alfie des Tombe, himself father of three daughters, will address Members and their daughters, grand-daughters, daughters-in-law, step-daughters and god-daughters.

Mr des Tombe will cover his years as a small boy in a prisoner of war camp in Java and his after-war life.

Please make your bookings early and advise of special dietary requirements in advance, as well as seating preferences. Bookings for individual tables of 8 or more will be accommodated.

The Billiard/Snooker Room will of course be open and available for a game or two after dinner.

**Time** : 6.30pm Arrival and Cocktails
7.00pm Dinner
8.45pm approx. Address by Guest Speaker
10.00pm approx. Conclusion
**Dress** : Black Tie, Evening Wear
**Cost** : $65.00 p.p.

## *Wine Appreciation Dinner with Drylands of Marlborough*

*Tuesday 19 August 2008*

Originally a small winery, recent significant improvements have grown Drylands to an impressive 14,000 tonne state-of-the-art winery capable of handling large volumes as well as "boutique" parcels.

Drylands Vineyard is situated near the middle of the Wairau Valley Region, 30m above sea level, surrounding the Drylands Winery in Hammerichs Road, Blenheim. The current Winery Block comprises 43ha Sauvignon Blanc, 1.5ha Semillon, and 1.5ha Chardonnay. The region immediately adjacent to the winery buildings has some of the oldest Sauvignon Blanc vines, going back to 1980.

The Wellington Club has a long association with Drylands in particular its Sauvignon Blanc, Pinot Gris and Pinot Noir featured on the Club's wine list and bottle store. Members are encouraged to attend this function featuring Marlborough wines of the highest standard.

**Time** : 6.30pm Arrival and Tasting
7.00pm Dinner with Drylands Estates
**Dress** : Jacket & Tie, Evening Wear
**Cost** : $60.00 p.p.

## Club Opening Hours and Access

The Club is open and accessible with access cards via level 5 Monday to Friday from 7.30am to 11.00pm except on Public Holidays.

Reception on level 4 is accessible for all Members, guests, visitors and non-Members between 8.00am and 7.30pm.

After 7.30pm Members may use their access cards which are programmed to grant access to level 5 only until 11.00pm.

Outside these hours Members must use the bell located on the right of the sliding glass doors at the building entrance. Club staff, if on duty, will come down to the entrance and let Members access the Club if required.

As a rule of thumb, your card will give you access through the front doors and lets you reach at least one Club floor in the Club building unless you are outside those hours or your access card has "died".

Members who are registered as regular users of the Health & Fitness Centre have their hours of access extended for certain areas.

The front door and car park are accessible every day including Public Holidays, Weekends and during the Christmas/New Year period.

Should you experience any problem please advise Club staff at your earliest convenience. In addition an emergency phone number for the manager is displayed at the entrance.

MEMBERS AND THEIR GUESTS CAN SPLIT THEIR LUNCH AND DINNER À LA CARTE ACCOUNTS EVENLY BY USING EFT/POS.

## PRESIDENT'S COLUMN

The Annual Members' Dinner enjoyed an excellent speech and presentation by Dr Alexander Malahoff. He recounted his journey through life from Miramar School to Chief Scientist on the United States Underwater Research Programme which included the US Navy world-wide submarine detection system. The dining room was full and the Committee appreciated Members' support for the evening.

At the Annual General Meeting Dick Eastwick moved, and Alister Macalister seconded, the election of Peter Norman to Life Membership. The motion was carried unanimously as befitted a very happy occasion.

The restoration of the Club art is complete except for the lighting of the re-hung paintings.

The Peacock Bequest paintings in their re-gilded frames are hung in the Members Ante Room on Level 5. They add a new dimension to the room and will be even more impressive when the lighting is installed.

The two Peter McIntyre paintings which hung in the Ante Room have been re-located on Level 6, and give it a real lift. The Peter McIntyre World War II prints (presented by the late Eric Nathan) have been rearranged in the Billiard Room with the SAS Afghanistan Operations print.

The Waterloo Scene in the Ante Room has been reunited with its 17th Century "Lombard" frame which has been restored to its original splendour. Again, it will benefit from proper lighting.

The Members and Daughters Dinner on Tuesday, 26 August, is one of the highlights of the Club year.

Alfie des Tombe is the guest speaker and will speak to his experiences as a small boy in a Japanese prisoner of war camp in Java, and his later colourful and varied life in the UK and New Zealand. It will be an interesting evening.

The following deaths are recorded with regret: Ronald Wayne Leslie Makeig, Member since 1975, and Life Member Ralph George Park, Member since 1946.

Dan Stevenson, President

## A FREE SERVICE TO CLUB MEMBERS:

### *Penfold's Re-corking Clinic with Penfold's Chief Wine Maker Mr Peter Gago*

Members of The Wellington Club who are in possession of Penfold's red wine of 15 or more years of age have been included in the invitation to attend the internationally acclaimed Penfold's Re-corking Clinic in Wellington on Monday 25 August between 9.00am–5.00pm. The only service of its kind in the world, the Penfold's Re-corking Clinic is a delicate and exacting process.

Wines are firstly inspected in the bottle and those whose levels have dropped significantly may be opened, tested, and have their quality assessed. If the wine is deemed to be in a sound condition, it is topped up with the most recent vintage, re-corked, and provided with a new Penfold's capsule.

The Winemaker then certifies the wine, attaching a certificate to the back of the bottle stating that the wine has been successfully re-corked at the 2008 Wellington Clinic. This process guarantees and certifies the wine for quality, ensuring attendees leave the clinic with their re-corked collection in excellent condition, ready for continued cellaring or to enjoy at their leisure.

Please note that this service is free of charge but registration is essential and must be received by 11 August to secure your place.

Please contact the Secretary Manager on DDI 474 0733 for more information and registration details.

## ARE YOU PLANNING TO VISIT CHRISTCHURCH?

The Christchurch Club extends a special winter rate of $120.00 per night to all reciprocal Club Members. This rate includes a continental breakfast for two and GST. It is valid until 31 October 2008. Please contact the office to make your booking now.

UPCOMING IN SEPTEMBER

## *The Annual Members' and Sons' Dinner*

### with Guest Speaker and Club Member Martyn Dunne, CNZM

*Tuesday 23 September 2008.*

*Mark your diary now!*

## THURSDAY THEME EVENING "ANTIQUE GUNS"

### *Thursday 18 September 2008*

Members who attended the beer tasting at the Club a couple of years ago will remember Ted Rodgers who had a display of antique rifles, guns and pistols in the dining room. The interest in the items displayed by Ted Rodgers was so great that the idea of staging a Thursday Theme Evening was borne. Ted Rodgers started collecting some 35 years ago. He is a life Member of the New Zealand Antique and Historical Arms Association and specialises in firearms and militaria.

Collecting antique firearms is a fascinating and interesting hobby. Mr Rodgers will display a wide and varied range of firearms from an antique Flintlock Eporvette to a Holland & Holland double rifle. Other exhibits will include examples of Percussion, Pinfire, Rimfire, Flintlock and early cartridge pistols, revolvers, Derringers, curiosa and early ceased firearms.

Mr Rodgers will also offer his expert advice to Members on how to maintain and look after those treasures. In addition he will be able to assess and value firearms and militaria that Members wish to bring along to the evening.

*For safety reasons we have been advised that no "modern" or contemporary arms are to be brought in and that no ammunition was to be on the premises. Members wishing to bring along their firearms must be in possession of a valid firearms licence and must keep them under control at all times.*

**Time** : 6.00pm–8.00pm
Drinks and cocktail food will be served throughout the evening
**Dress** : Jacket and Tie, Evening Wear
**Cost** : $40.00 p.p.

## *Martinborough Food Wine and Music Festival*

### SUNDAY 16 NOVEMBER 2008

The Club has secured 78 tickets including the return train trip to Featherston for this annual event. The price is the same as the last two years at $110.00 per person. Bookings are now being taken and tickets are sold on a strict first come first served basis.

*Don't delay*
*Phone Pam today!*

MEMBERS AND THEIR GUESTS CAN SPLIT THEIR LUNCH AND DINNER À LA CARTE ACCOUNTS EVENLY BY USING EFT/POS.

# Last Friday Drinks

*Friday 29 August 2008*
*Note your diary!*

***The Committee would especially like to welcome Members who have not attended this function before – it is open to all Members, their friends and guests!***

What better way to wind up a busy week than to come to the informal environment of the bar on level 6 and share a few after-work drinks with fellow friends, colleagues and Club Members. It is also an excellent opportunity to introduce potential candidates for membership to the Club and to other Members.

As a responsible host, the Club serves cocktail food on a complimentary basis. A small supper for only $10.00 per person is also available from 6.30pm onward.

Requests for an earlier supper from 6.00pm will be accommodated should Members plan to attend a performance or an event in town in the evening.

***Please advise Jane Wells if you would like to stay for supper as we have recently experienced a very heavy demand on the food – simply because it is of such good quality and value!***

| | | |
|---|---|---|
| Time | : | from 5.00pm onward to 6.30pm |
| Supper | : | Available from 6.30pm |
| Venue | : | Members' Bar Level 6 |
| Dress | : | Tidy casual (no denims) |
| Cost | : | Drinks; Supper if requested |

***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.***

# Health & Fitness Centre News

## Walking Series

The Health & Fitness Centre is once again planning for its Spring/Summer walking series, with the first walk planned for Thursday 18 September. This series will be set fortnightly apart, starting easy and building up to a longer final walk. Details will be in the September newsletter.

## Self Defence Fitness Classes

The squash court has now been successfully dried out after the flooding in early July. The floor of both the squash court and the ante room will be sanded this month. We are looking at classes resuming in September.

Class details:

| | | |
|---|---|---|
| Instructor | : | Ben Otang (6th dan Seido karate instructor) |
| Classes | : | Tuesdays: 1.30–2.30pm (high density class)<br>Wednesdays: 7–7.50am (starters' class) |
| Cost | : | Will depend on numbers for 8 week block |

***Let Toni know if you are interested in joining.***

## New Equipment

Come in and view the new stack weights equipment. As I write this we will be moving the old equipment out this afternoon and moving the new equipment in over the next two days. The new equipment includes machines that have dual or multi functions. This has allowed for fewer machines, a rearranging of equipment and an improvement of floor space for Members to do Swiss ball, dumbbell and floor exercises.

Please come and see me for a programme or exercise update.

## *Exercise Machine I*

Over the next few newsletters I will be doing a series of exercises using the stack weight equipment range. The first of this series uses the Leg Press/Calf Press machine, targeting the legs.

### Leg Press

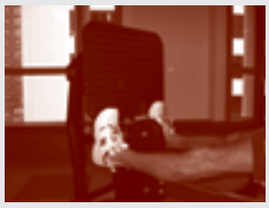
Begin by adjusting the seat starting position to suit your leg length, and the angle of the seat back for comfort. Adjust the weight to suit your level of strength (start light and work up). This exercise is performed to improve leg pressing strength, targeting three major muscle groups: gluteal (buttock), hamstrings and quadriceps, plus calves.

Position your feet shoulder-width apart with feet turned slightly outwards and with whole of foot on the foot-plate. Breathe in before starting, then breathe out as you press the plate away from you, straightening your legs but not "locking" them into hyper-extension (past straight). Take 2 seconds to press and return taking 3-4 seconds. Repeat exercise 10-15 reps for 1-3 sets, with 1-2 minutes' rest between.

### Machine Calf Press

This exercise targets the calf muscles of the lower leg. With the knees straight the gastrocnemius muscles are worked. With the knees slightly bent, the soleus muscles are worked. Both are important. Gastrocnemius is a power muscle used in walking, running, sprinting. One of the roles of the soleus muscle is that it is a postural muscle and is worked during standing, walking, running, balancing.

Start with legs straight and forefoot on the foot-plate (heels free). Pull your forefoot towards you (flex the ankle joint), then push your forefoot and plate away (extend the ankle joint). Do 2 sets of 10-15 reps for each muscle, with 1-2 minutes' rest between.



All the very best!
*Toni*

Members and their guests can split their lunch and dinner à la carte accounts evenly by using EFT/POS.

# Wine News

| EXCLUSIVELY FOR CLUB MEMBERS FOR AUGUST | YEAR | 6 PACK | BOTTLE |
|---|---|---|---|
| **Warming Winter Reds from Brown Brothers** | | | |
| **Brown Brothers Limited Release (Heathcote) Shiraz** A generous wine of berry fruits and spicy notes displaying balanced acidity and integrated tannin. A perfect match for red meats, robust pastas, fish or meat in a peppered sauce or pizza. | 2005 | $115.80 | $19.30 |
| **Brown Brothers Merlot** With flavours of ripe red berries, hints of liquorice and oak, this medium-bodied red has a soft round and juicy finish. It works perfectly with grilled lamb loin chops, spicy chicken sausages or even juicy satay chicken skewers. | 2005 | $103.80 | $17.30 |
| **Brown Brothers Cabernet Sauvignon** This elegant, medium-bodied wine displays aromas of blackberries, a little mint, integrated oak and earthy undertones. A perfect partner to a roasted fillet of beef or lamb back-strap with rosemary and garlic. | 2005 | $103.80 | $17.30 |
| **Brown Brothers Shiraz** This medium-bodied shiraz has well integrated berry, fruit, spice and oak, balanced acidity and a smooth finish. A great wine with lamb cutlets and roasted vegetables. | 2005 | $103.80 | $17.30 |
| | | CASE | BOTTLE |
| *The following great value Club House Wines are also always available:* | | | |
| **Shingle Peak Marlborough Sauvignon Blanc** | | $179.40 | $14.95 |
| **Matua Matheson HB Chardonnay (six pack)** | | $107.10 | $17.85 |
| **Burge Barossa Vines Shiraz** | | $197.40 | $16.45 |

*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.*

## Chef's Corner

Recently, I have become aware of the differences between various kinds of fats and health benefits (or lack of) inherent in each kind. As a result of further research into essential fatty acids – and in particular what happens to unsaturated/vegetable fats when they are exposed to heat and oxygen – I now wonder whether I ought to be believing the hype of reducing my intake of animal fats and using extracted oils from vegetables and grains in order to reduce damage to my body. When I explore the biochemical processes involved in the cooking of vegetable (unsaturated) fats, and how they then change into a form which our body is unable to recognise and use effectively, it reminds me of the old adage of simply turning to Mother Nature – as opposed to scientifically "improved" foodstuffs – for healthy sustenance.

Consequently, I now cook as much as possible in duck fat or butter as recommended by my good friend and former fellow chef at the Club, Paul Greening, who has worked at Michelin starred restaurants and the nationally acclaimed "Pier" restaurant in Sydney. I have to say the result, be it fish, beef or potatoes, is superior in flavour and colour, and now I wonder if it may actually offer more health benefits than I have been told by the media to believe.

*Bon Appetit*

Liam Dollimore, Sous Chef

## Senior Members' Lunch

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

***Wednesday 6 August 2008***
***Guests of Members welcome.***
***12.00 for 12.40pm***

## Women's 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 e-mail reminder for the luncheon.

**Make a note in your diary for:**

***Thursday 7 August 2008, 12.30 for 1.00pm***

## Chess at the Club

***Tuesday 26 August 2008***

These popular evenings commence 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. Supper is served afterwards. The Club prides itself on its unrivalled playing conditions, a cause of very positive comment by many Members.

The Secretary Manager received a phone call from a Member who attended this club function in June for the first time commenting on the great atmosphere, the wonderful meal and the most enjoyable evening he had. Try it out yourself! We have not yet run out of chess boards and would welcome more Members!

**So come to the Club and enjoy a challenging evening.**

**Time** : **6.15pm Drinks and Dinner followed by Chess and Supper**
**Dress** : **Jacket and Tie**
**Cost** : **$37.50 p.p.**

***Members are encouraged to bring along friends as their guests. Make your booking by phoning the Office: 472 0348***

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 split their lunch and dinner à la carte accounts evenly by using EFT/POS.

# 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**

RSVP:

## Wine Appreciation Dinner with Drylands of Marlborough

***Tuesday 19 August 2008***

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

RSVP:

## Members' and Daughters' Dinner with Alfie des Tombe

***Tuesday 26 August 2008***

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

RSVP:

## Thursday Theme Evening "Antique Guns"

***Thursday 18 September 2008***

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

RSVP:

## Members' and Sons' Dinner with Martyn Dunne, CNZM

***Tuesday 23 September 2008***

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

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

| | YEAR | 6 PACK | BOTTLE | No. PACKS | No. BOTTLES |
|---|---|---|---|---|---|
| Brown Brothers Limited Release (Heathcote) Shiraz | 2005 | $115.80 | $19.30 | | |
| Brown Brothers Merlot | 2005 | $103.80 | $17.30 | | |
| Brown Brothers Cabernet Sauvignon | 2005 | $103.80 | $17.30 | | |
| Brown Brothers Shiraz | 2005 | $103.80 | $17.30 | | |
| *Club House Wines:* | | CASES | BOTTLES | No. CASES | No. BOTTLES |
| Shingle Peak Marlborough Sauvignon Blanc | | $179.40 | $14.95 | | |
| Matua Matheson HB Chardonnay (six pack) | | $107.10 | $17.85 | | |
| Burge Barossa Vines Shiraz | | $197.40 | $16.45 | | |

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