The Wellington Club

CLUB NEWS

MARCH 2009

DIARY DATES

MARCH 2009

- BRIDGE AFTERNOON — MONDAY 16
- SHAKESPEAREAN EVENING — TUESDAY 17
- THURSDAY THEME EVENING: THE PAINTINGS AT THE CLUB — THURSDAY 26
- LAST FRIDAY DRINKS — FRIDAY 27

APRIL 2009

- SENIORS' LUNCHEON — WEDNESDAY 1
- GOODWIN CUP SNOOKER & PRIZE GIVING — WEDNESDAY 1
- LADIES' LUNCHEON — THURSDAY 2
- DAYLIGHT SAVING ENDS — SUNDAY 5
- BRIDGE AFTERNOON — MONDAY 6
- GOOD FRIDAY - CLUB AND H&F CENTRE CLOSED — FRIDAY 10
- EASTER SUNDAY - CLUB AND H&F CENTRE CLOSED — SUNDAY 12
- EASTER MONDAY - CLUB AND H&F CENTRE CLOSED — MONDAY 13
- BRIDGE AFTERNOON — MONDAY 20
- LAST FRIDAY DRINKS — FRIDAY 24
- ANZAC DAY - CLUB AND H&F CENTRE CLOSED — SATURDAY 25
- WINE APPRECIATION DINNER: TE MATA — THURSDAY 30

MAY 2009

- BRIDGE AFTERNOON — MONDAY 4
- SENIORS' LUNCHEON — WEDNESDAY 6
- LADIES' LUNCHEON — THURSDAY 7

Thursday Theme Evening:
The Paintings at the Wellington Club
With Davina Paverd, Avenal McKinnon and Lin Klenner

Thursday 26 March 2009

Members will have no doubt noticed the large amount of work that has been put into the conservation, restoration, conservation and illumination of numerous paintings at the Club. This has now all been accomplished with the exception of one gilded picture frame which is at present in Christchurch for a complete renovation.

The Club is very pleased to be able to have Davina Paverd of Karori attending this function to give Members an insight into the difficult work of art restoration. Davina has restored several of the Club's valuable paintings. During one of these restorations, a further original painting by the same artist was found under the Coastal Scene by E. Court (see newsletter June 2007).

Avenal McKinnon, Director of The New Zealand Portrait Gallery, will also be present to give background information on the Club's many paintings. Avenal McKinnon is well known to many Club Members. She has a vast knowledge of many of the Club's paintings and has in her possession the New Zealand Centennial Exhibition Catalogue from 1939/1940, from which some of the Club's paintings were bought through the Peacock Bequest.

Lin Klenner trained as a gilder in southern Germany, and now lives in Christchurch. Today there are few people remaining in this expert field, not even in Europe. Lin further developed her knowledge in Venice and afterwards worked for numerous galleries and private clients in Germany before immigrating and settling in the South Island. Lin did the fabulous restoration of the Club's old hand-carved Lombard frame from the 16th century. She also restored the replica frame for the "found" painting and is currently restoring the old frame which adorned the "Boy Holding Horse" in the Ante Room.

The Club is very privileged to be able to have all three specialists together at this Club Function to give a presentation to Members and their guests on the Club's artwork. There will also be time for more detailed and individual questions Members might want to ask any of these three specialists in their own field. These experts will tour the Club with Members allowing time for more detailed and individual questions.

Due to the expected popularity and physical limitations for guided walks through the Club's rooms, the Club requests early bookings to avoid disappointment.

Time	: 6.30pm Arrival and Drinks 7.00pm Dinner and Introduction to the Paintings 8.30pm approx. Co-ordinated Tours through Club floors
Dress	: Jacket and Tie, Evening Wear
Cost	: $60.00 p.p.

Bookings for individual tables of eight or more will be accommodated.

Wine Appreciation Dinner with Te Mata Estate

Thursday 30 April 2009

Nicholas Buck (son of Peter Buck) representing the new generation at Te Mata will present this year's new releases to Members and guests. The Club has it from a very good source that this year's wines are the best yet – truly! Even Bob Parker commented on the stunning vintage and Te Mata was rated highly in the rigorously independent international Parker's Wine Buyers' Guide, after being ignored for years by this highly regarded and opinionated industry bible:

"Te Mata Estate Is Rated Alongside The Great Wine Producers Of The World"

Please book early as the Club expects a strong support for this function. Requests for individual tables of eight or more will be accommodated.

Time	: 6.30pm Arrival and Drinks 7.00pm Dinner with Te Mata
Dress	: Jacket and Tie, Evening Wear
Cost	: $75.00 p.p.

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

PRESIDENT'S COLUMN

1. Club Questionnaire – Review of Operations.

The response to the questionnaire was excellent both as to content and numbers: the Club received over 400 replies.

The Committee held a special meeting on Saturday, 14 February, to review the responses and the Club's operations.

The Club is in good heart with a dedicated staff, excellent premises, strong membership and a sound balance sheet.

The Members' responses recognise that the Club's established traditions and standards are to be maintained, and that the Club lives in a changing and challenging world.

The major issues highlighted by the responses to the questionnaire and considered at the special committee meeting were:

1.1 Club Premises

Level 6: The Health & Fitness Centre established with the construction of Level 6 has proven popular across the membership of the Club.

There is a need for a larger facility, and this can be achieved by relocating the Business Centre to Level 4.

The re-design of the Health & Fitness Centre provides the opportunity to make the casual dining/bar area on Level 6 more welcoming and functionally efficient.

Level 5: The Main Dining Room, which is a major asset of the Club, has not been redecorated since the Clubhouse was built some 20 years ago.

Structural changes are not envisaged but the curtains, décor and lighting require review.

Level 4: No changes to Level 4 are envisaged other than the possible relocation of the Business Centre to Level 4.

1.2 Club Menus

As part of the review of facilities on Levels 5 and 6, the menus, style of food and service will be reviewed with a view to being more attractive to Members and guests.

Formal à la carte dining is to continue in the Main Dining Room, and less formal menus on Level 6 and possibly in parts of Level 5.

1.3 Membership

The demographics of membership change and a larger proportion of Members are reaching 65 years of age with 20 years' membership thereby qualifying for a reduced subscription.

The number of years of membership to qualify for a reduced subscription, and/or the proportion of reduction, will be reviewed as part of an overall subscription review.

The review will include the possibility of Members' spouses who become Members paying a reduced entrance fee and/or subscription.

1.4 Dress Code

There is already a relaxed dress code for Level 6, including Members using the Health & Fitness Centre.

The dress code will be reviewed, with possible relaxation for Levels 4 and 6 but retaining the current formal standards for Level 5.

1.5 Way Ahead

The Committee has referred the specific issues to the respective Club sub-committees for consideration and recommendation to the main Committee.

Members will be kept informed as to proposed changes and their input will be sought and appreciated.

Items such as membership and subscriptions as required by the Club Rules will be subject to approval by Members in General Meeting.

The Committee will appreciate any suggestions or "feedback" from Members.

2. March 2009 Functions

Two functions which are covered in detail in the newsletter are the "Shakespearean Evening" on Tuesday, 17 March 2009, and the "Paintings at the Club" evening on Thursday, 26 March 2009.

Both these evenings are new to the Club, and promise to be entertaining and interesting.

3. Members

The deaths of the following Members are noted with regret: R H Golding, I A M Prior, ONZM.

Dan Stevenson, **President**

The Goodwin Snooker Cup Tournament and Annual Prize Giving

Wednesday 1 April 2009

The various 2008 competitions have been decided. The winners will be announced and prizes presented to the successful competitors.

The Committee is very grateful to the 20 Members who have already registered their attendance. As usual, the field is limited to 32 players but it would be desirable to have one or two players available to make up a full field in case of short-notice cancellations.

The registration forms for the various 2009/2010 competitions are displayed in the billiard room. Please enter your name by 30 April 2009.

Time	: 6.00pm Arrival and Drinks 6.15pm Presentation of the 2008 Championship Trophies 6.30pm Snooker and Dinner 9.00pm Supper
Cost	: $42.00 p.p. including prizes, drinks before and during dinner, dinner and supper

The Ides of March
A Shakespearean Evening

Tuesday 17 March 2009

An Elizabethan-themed soirée in association with and support of Shakespeare Globe Centre New Zealand.

For the first time at the Wellington Club, actors will entertain Club Members between courses by reciting and enacting famous Shakespearean scenes. Club Member and Member of Parliament the Hon. Chris Finlayson will introduce the evening to Members and guests.

The following artists have been invited and subject to confirmation will perform:

Peter Vere-Jones, Peter Hambleton, Jonathon Hendry, Robyn Malcolm, Angela Green, Kieran Rayner, Isaac Stone, Allan Maruera Henry and Arthur Meek as well as other SGCNZ alumni depending on their availability.

All in all it will prove an event of quality entertainment!

Please note your diary now. Bookings now available. The cost is set at $75.00 per person, which includes a donation to the Shakespeare Globe Centre New Zealand.

Please do not delay your booking as the Club has already received numerous bookings for this novel event. Requests for individual tables of eight or more will be accommodated. Guests of Members are welcome!

Time	: 6.30pm for 7.00pm
Dress	: Jacket and Tie, Evening Wear
Cost	: $75.00 p.p.

Friday 27 March 2009

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!

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 approx.
Supper	: Available from 6.30pm
Venue	: Members' Bar Level 6
Dress	: Jacket and Tie optional 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.

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

Health & Fitness Centre News

Walk in the Park

A wet and wild day greeted the enthusiastic participants who joined me in the Karori Wildlife Sanctuary for the first walk of this series. It was definitely not photo-taking weather; however, it was a different experience of the Sanctuary that brought the bird song out in full flight! The new bridge overlooking the valley is a fabulous addition to this wonderful Wellington attraction.

Walk 2: Thursday 5 March – Battle Hill: meet 9.30am in the Battle Hill Farm Forest car park, 6km from Pauatahanui shops along Paekakariki Hill Rd. View the new history panels telling of the famous battle, 2 – 2 ½ hours (combine 2 different walks).

Walk 3: Thursday 19 March – Wainuiomata Water Collection Area Guided Walk: meet 9am. ***Book at reception by Thursday 12 March as numbers are limited.***

Walk 4: Thursday 2 April – Karori Sanctuary – round the outer fence, 11.7km of hilly terrain.

Walk 5: Thursday 16 April – Pencarrow Lakes Walk – pristine wetlands, beautiful lakes and stunning views. Includes bus ride from the end of Murutai Rd, Eastbourne to start of walk and return. Book at reception as numbers are limited.

Walk 6: Thursday 30 April – Rimutaka Rail Trail, 17km – long but easy terrain.

Walk Cost: $8 for non-Health & Fitness Centre members, partners/friends, plus individual café lunch costs. See separate costs for the Karori Wildlife Sanctuary entry, Pencarrow Lakes and Rimutaka Rail Trail.

We go to a café after each of the walks. Partners and friends are encouraged to join. The emphasis is on enjoying the company of others while exercising and seeing more of our beautiful region.

It is essential that you register through reception for each of the walks. Numbers are limited for the Wainuiomata Water Collection and the Pencarrow Lakes walks. I look forward to seeing you there!

Dual Adjustable Pulley - Exercise Machine 5

This is the last of the new Fitness Centre Machines that were introduced to the Club last year. The exercises that can be performed on this piece of equipment are limited only by one's imagination! Compared with non-pulley machines the Dual Pulley allows (or ensures) the user will engage stabilising muscles including muscles of the 'core'. Correct posture is essential while performing exercises using this machine. This month I will start with the chest.

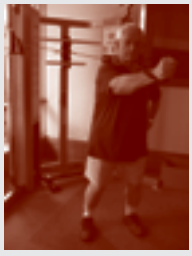
Dual Pulley Fly

This exercise targets the muscles of the chest and by adjusting the level of the pulleys the user can target different sections of the pectoral (chest) muscles, along with anterior shoulder, anterior arm and the stabilisers of the abdominals, lower back and hips.

Set both pulleys up to the same height. To target the lower fibres of the chest muscles adjust above shoulder height, shoulder height for centre chest, and lower height for upper chest fibres. Ensure that both pulleys are adjusted with the same weight. Holding one pulley hand-grip in each hand stand centred between the two pulleys and face away from the machine. Hold both pulley handles out in front of the body then step one foot forward. You will feel the weight and have to 'engage' abdominal muscles to maintain good posture. Hold shoulder blades down and shoulders back. Keeping arms slightly bent take arms wide then together again.

Choose a weight you can do 10-15 repetitions while maintaining good technique. Speed of exercise is 2 secs to bring arms together and 3 to take wide. Breathe out as you bring arms together in front.

Single Arm Pulley Fly



This exercise also targets the muscles of the chest, but adds a greater 'core' stabilising challenge and is therefore as much a 'core' exercise as it is a chest exercise. Use the same body position as for the Dual Fly, but use one arm only and place other hand on hip. Aim to keep hips squared. Squeeze belly button to spine to get that deep abdominal squeeze to engage the 'core' stabilizing muscles. Keep posture upright and controlled throughout. Do the same repetitions and speed of exercise and breathing as for the Dual Pulley Row for each side.

CHESS AT THE CLUB

The next chess evening is on Tuesday 31 March 2009

Time	: 6.15pm Drinks (own account) and Dinner followed by Chess and Supper
Dress	: Jacket and Tie
Cost	: $37.50 p.p.

Make your booking by phoning the Office on 472 0348

Chef's Corner

The 'light meal' of *Barbequed Veal Fillet* on the Club's new à la carte menu is proving most popular! So popular even that it is out-selling traditional Club fare such as the Fresh Fish dish of the day.

It is served on a salad of honey and sumac roasted baby carrots, kumara, parsnip and semi-dried tomatoes and finished with a tasty and light dressing of tahini and yoghurt.

Make sure you try it next time you are in the Club for lunch!

– Bon appetit – Alfonso Basile, Head Chef

What's on offer at the Club

Defibrillator

Due to the generous donation by Tomas Huppert, the Club now has its own defibrillator. Committee Member Dr Tony Crutchley has provided training to all key staff members for the correct application in an emergency. It is hoped that it will never have to be used – not dissimilar to an insurance policy – but provide peace of mind!

Dining Rooms

Beside the Main Dining Room with a capacity of up to 150 guests, the Club has several smaller private rooms available to Members and guests. The Club is very fortunate to be able to accommodate up to 36 guests privately in some of those smaller rooms. Be it for a breakfast, lunch, a cocktail party or even a fine dining experience, the Club can cater for it all. **And being your Club, we do not charge any room hire for those functions.** Next time you have a reason to celebrate, think of having it at your Club! Jane Wells has been looking after Members for more than 25 years and her experienced team will cater for your needs better than anyone anywhere else in town – promise!

Direct Debit

Almost half of all Members are registered to pay their monthly accounts via direct debit. Why not join them and do the same? Members receive notice of the amount due ten days in advance and may change the amount debited to suit their circumstances. In this way you can pay without having to write out a cheque, miss the due date or even incur a late payment fine. For the direct debit form to be sent to you, please call Pamela McGill at the Office on 472 0348.

Easter Closure 2009

Please note that the Club is closed over the Easter period from Good Friday and Easter Monday inclusive.

The car park remains available to Members free of charge during those four days.

Accommodation is available throughout for Members and Guests.

The Health and Fitness Centre will be open on Saturday but remains closed on the three Public Holidays.

Please note that the same closure arrangements are observed on **ANZAC Day**, Saturday 25 April 2009.

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

WINE NEWS

The 2009 Penfolds Bins Release

Each year, on 1 March, the Penfolds Bin range makes its debut in wine markets around the world. The annual wine release is an eagerly anticipated event on the wine collectors' calendar. Whether they are being bought for current drinking or to be laid in the cellar, they share one thing in common – they are all classically Penfolds!

As is the case each year, stocks of each Bin vary and in some cases are extremely limited.

EXCLUSIVELY FOR CLUB MEMBERS FOR MARCH	YEAR	6 PACK	BOTTLE
Bin 28 Kalimna Shiraz Blackberry, dark chocolate, liquorice and red cherry aromas. Smooth dense palate rounded out by chocolaty tannins.	2006	$135.60	$22.60
Bin 128 Coonawarra Shiraz Crushed elderberry, mulberry, plum, musk aromas. A luscious inky rich wine with plush dense tannins.	2007	$135.60	$22.60
Bin 138 Grenache Mourvèdre Shiraz Musk, violet, dark chocolate and berry aromas complement a rich ripe palate with loose-knit tannins.	2007	$142.80	$23.80
Bin 407 Cabernet Sauvignon Intense blueberry, cassis, herb aromas with beautiful, berry fruit supported by abundant ripe tannins.	2006	$214.80	$35.80
Bin 389 Cabernet Shiraz Chocolate, plum, malty nutmeg aromas complement a concentrated rich sweet palate with savoury tannins.	2006	$214.80	$35.80
	YEAR	CASE	BOTTLE
The following great value Club House Wines are also always available:			
Grove Mill Marlborough Sauvignon Blanc		$182.40	$15.20
Te Mata Woodthorpe Syrah		$223.20	$18.60
Drylands Marlborough Pinot Noir (six pack)		$112.20	$18.70

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.

Bridge Interest Group

The Bridge Afternoons are now up and running!

After some initial difficulties, several Members enjoyed games and lessons on Bridge during the two February events.

It has been quite popular and still, more Members are encouraged to call the Office to register their attendance.

These afternoons (played every first and third Monday) are not planned to be tournaments or a competition but are catering to all levels of players and in particular to those who want to learn this century-old game.

Members and guests meet at 12.30pm in the Ante Room for a pre-luncheon drink before moving through to the buffet in the main dining room at about 12.45pm.

Bridge would start at 1.30pm and be played until about 4.30pm.

The Club will provide cards, tables, scorers and pencils.

There is no charge for the game afternoon, other than the drinks and buffet beforehand.

After Monday 16 March, the next Bridge afternoons will take place on 6 April and again on 20 April. Please advise the Club's Office (phone 472 0348) by 11.00am on that Monday of your attendance.

Results from the Squash Championship 2008

Thank you to all Members who participated at last year's championship. The winners are:

Championship Winner: Richard Hogan

Runner-up: Terence Sissons

Plate Winner: Bernard Whaanga

Runner-up: Graham Evans

Congratulations!

Function Bookings at the Club:

Your Club is very fortunate to enjoy many forward bookings for March, April and even May this year. If you are planning to have a family celebration, a dinner, lunch or breakfast, call Jane Wells now. If space is available the Club is happy to initially make a 'pencil' booking should you not be sure about it. At least you know that you would have secured a grand venue!

DIARY DATES CONT

MAY CONTINUED

Opera Package: The Italian Girl in Algiers
Thursday 14

Bridge Afternoon
Monday 18

Annual Members Only Dinner
Thursday 21

Senior Members' Lunch

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

Wednesday 1 April 2009
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 2 April 2009,
12.30 for 1.00pm

Membership:

The following four candidates were admitted to the Club in February:

Elizabeth Anderson
Miles Howard Crawford
Benjamin Mark Pryor
Terry Douglas Stokes

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

Reciprocity:

Unfortunately Melbourne's Naval and Military Club in Little Collins Street has had to close its doors. Members are no longer able to make bookings for dining nor accommodation with immediate effect.

On a brighter note: The Wellington Club has entered into a further reciprocal agreement with a Club in Brisbane, Queensland:

The United Service Club

Members may arrange for bookings in the accommodation or other requirements through our Office by phoning Pamela McGill on 472 0348.

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:

Shakespearean Evening – The Ides of March

Tuesday 17 March 2009

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

RSVP:

Thursday Theme Evening: The Paintings at the Wellington Club

Thursday 26 March 2009

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

RSVP:

Goodwin Snooker Tournament and Prize Giving Dinner

Wednesday 1 April 2009

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

RSVP:

Wine Appreciation Dinner with Te Mata Estate

Thursday 30 April 2009

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

March Wine Specials: *Please reserve the following WINE*

	YEAR	6 PACK	BOTTLES	No. PACKS	No. BOTTLES
Bin 28 Kalimna Shiraz	2006	$135.60	$22.60		
Bin 128 Coonawarra Shiraz	2007	$135.60	$22.60		
Bin 138 Grenache Mourvèdre Shiraz	2007	$142.80	$23.80		
Bin 407 Cabernet Sauvignon	2006	$214.80	$35.80		
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Club House Wines:		CASES	BOTTLES	No. CASES	No. BOTTLES
Grove Mill Marlborough Sauvignon Blanc		$182.40	$15.20		
Te Mata Woodthorpe Shiraz		$223.20	$18.60		
Drylands Marlborough Pinot Noir (six pack)		$112.20	$18.70		

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