The Wellington Club

CLUB NEWS

MAY 2009

DIARY DATES

MAY 2009

- THURSDAY THEME EVENING "SPACE TRAVEL" — THURSDAY 7
- BRIDGE AFTERNOON — MONDAY 11
- OPERA PACKAGE: *THE ITALIAN GIRL IN ALGIERS* — THURSDAY 14
- BRIDGE AFTERNOON — MONDAY 18
- ANNUAL MEMBERS ONLY DINNER — THURSDAY 21
- BRIDGE AFTERNOON — MONDAY 25
- COMBINED SERVICES DINNER — WEDNESDAY 27
- LAST FRIDAY DRINKS — FRIDAY 29

JUNE 2009

- QUEEN'S BIRTHDAY - CLUB CLOSED — MONDAY 1
- SENIORS' LUNCHEON — WEDNESDAY 3
- LADIES' LUNCHEON — THURSDAY 4
- BRIDGE AFTERNOON — MONDAY 8
- BRIDGE AFTERNOON — MONDAY 15
- WINE APPRECIATION DINNER WITH MAN O' WAR — THURSDAY 18
- BRIDGE AFTERNOON — MONDAY 22
- MID-WINTER ROAST DINNER — WEDNESDAY 24
- LAST FRIDAY DRINKS — FRIDAY 26
- BRIDGE AFTERNOON — MONDAY 29

JULY 2009

- SENIORS' LUNCHEON — WEDNESDAY 1

THE PRESIDENT AND COMMITTEE OF

The Wellington Club

REQUEST THE PLEASURE OF YOUR COMPANY AT

the Members only

ANNUAL FORMAL DINNER

WITH GUEST SPEAKER & CLUB MEMBER

HIS EXCELLENCY MR GEORGE FERGUSSON

BRITISH HIGH COMMISSIONER TO NEW ZEALAND

On Thursday 21 May 2009
at 7.00pm For 7.30pm

Dress:
Gentlemen: Black Tie
Ladies: Evening Wear
Decorations

$75.00 All Inclusive

RESULTS FROM THE ANNUAL GOODWIN SNOOKER TOURNAMENT PLAYED ON 1 APRIL 2009

Before the start of the tournament, a full field of 32 participants attended the annual prize giving of the various competitions from 2008 conducted by Club President Dan Stevenson. After that, the games started and the following Members were the winners of the night:

Trophy Winners: M S J Treadwell and R J Christmas

Runners-Up: J B Williamson and P N Ross

Plate Winners: M J Gleeson and M T F McClelland

Runners-Up: B H Tolley and P J Quinn

Combined Services Dinner

With The Secretary of Defence and Club Member John McKinnon

Wednesday 27 May 2009

The Committee is very grateful to John McKinnon for agreeing to address Members and guests at this traditional Club event. Mr McKinnon took up the position of Chief Executive and Secretary of Defence in December 2006. Prior to his appointment Mr McKinnon was a Deputy Secretary in the Ministry of Foreign Affairs and Trade.

In his earlier diplomatic career, John McKinnon was New Zealand's Ambassador to China, stationed in Beijing, a position he took up in February 2001. John McKinnon joined the then Ministry of Foreign Affairs in May 1974 and was first posted to China as a second secretary in 1978 following two years Chinese language training in Hong Kong. After his return to New Zealand from China in 1980, John McKinnon was assigned to the Asian Division of the Ministry of Foreign Affairs and Trade. He then became Director of the External Assessments Bureau in the Department of the Prime Minister and Cabinet from 1995 to 1999.

This function is open to Club Members and guests, active in or retired from the Services, as well as all other Club Members who have an interest in New Zealand's Armed Forces.

This is a Formal Military Dinner, a highlight on the Club's calendar of events.

Please book early. This function will only be announced in this month's newsletter. Please note that due to the formal seating arrangements, individual table requests will not be able to be accommodated. However, management will endeavour to accommodate special seating requests.

Time : 19.00 for 19.30
Dress : Mess Kit (authorised) or Black Tie, Evening Wear Decorations
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

The recent investiture in London by the Queen of long-standing Club Member, His Excellency the Governor General Sir Anand Satyanand, is noted with pleasure.

The Annual Members Only Dinner will be on Thursday, 21 May 2009. The speaker will be His Excellency G D Fergusson, the British High Commissioner, who is well-known to Members, and his subject will be "New Zealand and Britain Family Links and Future Partnerships".

Details of the Services Dinner are set out in this newsletter. Club Member and Secretary of Defence, Mr J McKinnon, will be the speaker. His subject will be "Defence Review 2009". With his background at the highest levels in the Ministries of Defence and Foreign Affairs and Trade, he will provide a special insight into New Zealand's current and future interests in these fields. The Royal New Zealand Air Force Band will perform during the evening.

Matthew Goodison has been appointed Evening Duty Manager. He is responsible for the Club from 4.00pm each evening, and for its smooth running during that time. Members should not hesitate to let him know of anything that requires his attention.

Dan Stevenson, **President**

PRELIMINARY NOTICE

The Annual General Meeting of The Wellington Club will take place on Monday 27 July 2009 at 8.00 pm at the Club House.

QUEEN'S BIRTHDAY 2009

Please note that the Club is closed on Queen's Birthday Monday 1 June 2009. The car park and Health & Fitness Centre remain open to Members. Accommodation is available throughout for Members and Guests.

Wine Appreciation Dinner with

Man O' War

Thursday 18 June 2009

For our next wine evening we are fortunate to feature the stunning wines of Waiheke Island's Man O' War Vineyards. Under the stewardship of the Spencer family for almost 30 years, the first grapes were planted on the 4,500 acre coastal farm in 1993. Now almost 150 acres are planted on 90 individual sites which defy gravity and the imagination. This is unquestionably New Zealand's most spectacular vineyard development strategically matching all aspects of altitude, soil type and vines.

We are delighted to have Man O' War's winemaker Duncan McTavish, the inaugural graduate of the Bachelor of Viticulture and Oenology Degree programme from Lincoln University, to present Man O' War's White and Black label ranges to Club Members culminating in Robert Parker's 93 pointed 2007 Ironclad *"an imposing Cabernet Merlot blend with a Pomerol like finish."*

The Club's sous-chef Liam Dollimore is already working to match these exciting wines with an appropriate menu.

This event will put you firmly on the ground floor of an enterprise which has already achieved much but promises to be the definitive producer on idyllic Waiheke Island.

As the last Wine Evening sold out extremely quickly, we recommend early registration for this function.

Time	: **6.30pm Welcome**
	7.00pm Dinner with Man O' War
	9.30pm approx. conclusion
Dress	: **Jacket and Tie, Evening Wear**
Cost	: **estimated at $75.00 p.p. (this will be confirmed in next month's newsletter)**

CHANGES AS OF 1 MAY 2009

With the beginning of the new financial Club year, the following operational changes will be implemented:

- The Health & Fitness Centre will be now be open on Public Holidays at the same times as for Saturdays and Sundays, i.e. from 6.00am to 6.00pm, except for those Public Holidays which fall into the annual closure of the Club.
- Buffet level 6: The soup will increase to $6.50 and sandwiches to $4.00 each.
- The price for the Supper on Last Friday Drinks will increase to $13.50.
- The 10% reciprocal visitors' fee for non-Members of the Wellington Club will be re-introduced.

Thursday Theme Luncheon:

Worldwide Travel Photography

by Darren Leal

Thursday 2 July 2009

Australian Darrel Leal is one of the world's most diverse and traveled photographers. Each year he undertakes major expeditions to regions in the USA, Africa, South America and beyond with new destinations being added all the time. He met his wife Julia in New Zealand and has lived here for six years.

To stimulate Members' interest, please view some of his stunning photography available on **www.safari-wise.com.au**

Darrel Leal will give a power-point presentation during a luncheon for Members and their guests.

The Club wishes to express its gratitude again to Karl Woolcott from Adventure Travel who has assisted the Club in staging this function.

Time	: **12.00noon for a glass of wine**
	12.30pm Presentation and Lunch
	2.00pm approx. conclusion
Dress	: **Jacket and Tie optional**
	Business Attire
Cost	: **$45.00 p.p. all inclusive**

Mid-Winter Roast Dinner

Wednesday 24 June 2009

The Club has planned a mid-winter night for Members, their families and friends with a sumptuous buffet of hot favourites which will take off the winter chills and which will give many the opportunity to enjoy traditional and seasonal New Zealand fare such as honey glazed ham off the bone, succulent roasts, potatoes and oven-baked vegetables.

Make up a party and make the evening something special. You might even want to consider staying overnight in one of the Club's comfortable and warm bedrooms, which will be at a special rate of $150 per room, including breakfast the next morning, for those guests attending this Club function (subject to availability).

Time	: **6.30pm Mulled Wine and Welcome Drink**
	7.00pm Winter Solstice Buffet
	9.30pm approx. conclusion
Dress	: **Jacket and Tie, Evening Wear**
Cost	: **$70.00 p.p.**

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

Health & Fitness Centre News

The Committee would like to remind and advise Members of the following:

The Health and Fitness Centre is for the use by Wellington Club Members only. This unfortunately excludes spouses and family members. Guests staying in the accommodation are invited to make use of this facility free of charge as part of the overnight rate.

As of 1 May 2009 the Health and Fitness Centre will open on Public Holidays along the same lines as Saturdays and Sundays. It is recommended that you bring your own towels as no service is provided on these days.

Walk in the Park

Pencarrow Group

As I write this, we have completed the first two walks in April, with the final walk to come on the 30th of the month. We had great weather for both the Karori Wildlife Sanctuary and the Pencarrow Lakes walks. The group split into two for both walks with one group tackling the outer circuit of the Sanctuary while the second group checked out the inside.

For the Pencarrow walk we were taken by bus to the first track and started with everyone walking up to the old lighthouse. The tracks were well signposted and the information panels giving the history of NZ's first lighthouse were very interesting. Half the group was taken over the hills while the other half did a flat walk into the wetlands.

Self Defence Fitness Class

Ben Otang and Geoff Seed are back leading our group of enthusiastic participants for this high intensity Karate based fitness class. **The class is held on Tuesdays 1.15 - 2.15pm. First session is Tuesday 5 May and final class for this 8 week block is Tuesday 23 June.**

Dual Adjustable Pulley III

As I have mentioned previously, the Dual Pulley is a piece of equipment that can be used for many different exercises, both upper and lower body. We have looked at back and chest exercises the past two months. This month the focus is on shoulders, particularly the deltoids. Note that every time we use our arms to push or pull in any direction we are using muscles that support and move the arm at the shoulder. Using the adjustable pulley gives us the ability to challenge our shoulder joint in any direction. To target the deltoids I have chosen two exercises that can also be performed using free weights. Try 3 sets of 8-10 repetitions doing a circuit of these two exercises, along with the Single Arm Pulley Fly and Reverse Pulley Fly from the previous two months' exercises. Next month I will add two more shoulder exercises to complete a thorough shoulder routine.

Low Pulley Lateral Raise

This exercise targets the middle deltoid muscle of the shoulder.

Set pulley to the lowest position. Stand side-on to the pulley with outside hand holding handle just in front of body. Posture is upright, shoulders back, knees 'soft', elbow 'soft'. Lift cable arm up to shoulder height laterally (out to the side) of the body, keeping the body still.

Choose a weight you can do 8-10 repetitions with, while maintaining good technique. Speed of exercise is 2 seconds to pull cable back and 3 to return. Breathe out as you lift the cable.

Low Pulley Front Raise

This exercise targets the middle and anterior (front) deltoid muscles of the shoulder.

Set pulley to the lowest position. Stand facing away from the pulley with hand holding handle just behind the body. Posture is upright, shoulders back, knees 'soft', elbow 'soft'. Lift cable arm up to shoulder height out in front of the body.

STAFF

Matthew Goodison has joined the staff at the Wellington Club as Evening Duty Manager. Matthew has worked many years in the hospitality industry and will be a great addition to the experienced team at the Club.

Steven Green has been promoted to Assistant Functions Manager and will initially assist Matthew in running the evening events at the Club. Steven is a HSI (Hospitality Standards Institute)-accredited work place assessor providing the Club with an experienced instructor for staff training.

What's on offer at the Club

Fellowship and Friendship

This is no doubt for many Members the most important part of their membership. Carrying on from the original raison d'être for Clubs, fellowship and meeting like-minded people is still today an experience you can only have at such traditional institutions. The Wellington Club's Main Dining Room offers 'communal tables' where Members, with a guest or two, may introduce themselves to others at the table and converse with other Members over lunch. Over the years many friendships have been formed in this way and the very reasonable pricing of the buffet makes it affordable to all, offering great company and a complete luncheon at your leisure and your own pace. All Members should try this clubbable experience.

Functions

Members may organise functions for their families, friends or business. Be it for a breakfast meeting or presentation, a private lunch in one of the dining rooms on level 6, cocktail parties, private dinners, anniversaries or weddings, your Club can cater for all your requirements.

And here are some reasons, why you should celebrate your event at the Club:

- No room hire charge for your privacy is applied as long as the minimum food and beverage consumption is $25 per person
- The Wellington Club has experienced and long serving staff, who will take pride and personal interest in the planning of your event as well as the service throughout the function
- Ten bedrooms offer piece of mind to your guests to stay the night before or after the event avoiding to having to return to their hotel or even driving home at night. Members may book non-Members into the bedrooms
- Our kitchen staff are well prepared for special dietary requirements and can cater for those. Be it the request for Halal-killed meat, gluten-free, vegetarian or even vegan meals – Alfonso and his team are very familiar with these needs and often receive comments on the kitchen's creativity of such dishes
- The Club will open on Saturdays for functions for 60 or more guests for lunch or dinner
- Only one function booking on a Saturday will be accepted. This will guarantee that staff will be able to provide very attentive service to your special event

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

WINE NEWS

Carrying on from the highly successful Te Mata wine evening, this month's specials are from the vineyard's Woodthorpe range.

Woodthorpe is an expansive vineyard on elevated river terraces, angled to the sun. Woodthorpe's ideal aspect and free-draining soils provide Te Mata Estate with a unique location from which to produce the single vineyard Woodthorpe wines. The quality of the Woodthorpe vineyard is apparent in these wines, with each displaying fresh, intense, varietal characters underscored by Te Mata Estate's trademark dedication to quality.

A special price over the entire range has been extended to Members of the Wellington Club.

EXCLUSIVELY FOR CLUB MEMBERS FOR MAY	YEAR	CASE	BOTTLE
Te Mata Woodthorpe Sauvignon Blanc This Sauvignon Blanc consistently displays the characteristics of full ripeness; intense citrus and floral aromas, with concentrated lime and passionfruit on a long, fine palate.	2008	$209.40	$17.45
Te Mata Woodthorpe Chardonnay Woodthorpe Chardonnay has ripe stonefruit and citrus characters subtly enhanced by fermentation in seasoned oak barrels, lees contact and a creamy malolactic influence, to create a rich and elegant wine.	2007	$209.40	$17.45
Te Mata Woodthorpe Gamay Noir Gamay Noir, the grape of Beaujolais, produces a delicious wine bursting with crushed red-berry characters. Its vibrant fruit provides immediate appeal and flavour to match spicy cuisine.	2008	$209.40	$17.45
Te Mata Woodthorpe Merlot Cabernet This traditional blend of Bordeaux varieties is a consistently rewarding, complex wine showing ripe blackcurrant, plum and chocolate flavours with a supple and sustained palate.	2007	$209.40	$17.45
	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.

LAST FRIDAY DRINKS

Friday 29 May 2009

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

The price for the supper has been increased to $13.50, which still represents very good value.

Time	:	from 5.00pm onward to 6.30pm approx.
Supper	:	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.

RECIPROCITY:

The Wellington Club has entered into a further two reciprocal agreements with Clubs in London:

The Lansdowne Club and The Savile Club

Arrangements are being finalised at present and Members may book into the accommodation or other requirements as of June through our Office by phoning Pamela McGill on 4720348.

CHESS AT THE CLUB

The next chess evening is on Tuesday 26 May 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

DIARY DATES CONT

JULY CONTINUED

LADIES' LUNCHEON	THURSDAY 2
THURSDAY THEME LUNCHEON "WORLDWIDE TRAVEL PHOTOGRAPHY"	THURSDAY 2
BRIDGE AFTERNOON	MONDAY 6
BRIDGE AFTERNOON	MONDAY 13
EMBASSY EVENING (T.B.C.)	THURSDAY 16
BRIDGE AFTERNOON	MONDAY 20
BRIDGE AFTERNOON	MONDAY 27
AT HOME DINNER	MONDAY 27
ANNUAL GENERAL MEETING	MONDAY 27
LAST FRIDAY DRINKS	FRIDAY 31

SENIOR MEMBERS' LUNCH

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

Wednesday 3 June 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 4 June 2009,
12.30 for 1.00pm

MEMBERSHIP

The following nine candidates were admitted to the Club in April:

Richard James Butland
Duncan Robert Ferrier
Fiona Elizabeth Fraser
Ross James Graham
Corinne Elizabeth McLean
Andrew Campbell Mayne
Kenneth William Menzies
Edwin Andrew Whiteside
Wendy Jean Norwood

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

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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:

Annual Members Only Dinner

Thursday 21 May 2009

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

RSVP:

Combined Services Dinner

Wednesday 27 May 2009

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

RSVP:

Wine Appreciation Dinner with Man O' War

Thursday 18 June 2009

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

RSVP:

Mid-Winter Roast Dinner

Wednesday 24 June 2009

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

RSVP:

Accommodation Special

Wednesday 24 June 2009

Available only in conjunction with Mid-Winter Roast Dinner and subject to availability

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

RSVP:

Thursday Theme Luncheon: *Worldwide Travel Photography*

Wednesday 2 July 2009

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

May Wine Specials: *Please reserve the following WINE*

	CASE	BOTTLES	No. PACKS	No. BOTTLES
Te Mata Woodthorpe Sauvignon Blanc	$209.40	$17.45		
Te Mata Woodthorpe Chardonnay	$209.40	$17.45		
Te Mata Woodthorpe Gamay Noir	$209.40	$17.45		
Te Mata Woodthorpe Merlot Cabernet	$209.40	$17.45		
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)