



The Wellington Club

CLUB NEWS

NOVEMBER 2006

DIARY DATES

NOVEMBER 2006

DINNER WITH
CHAMPAGNE LANSON
THURSDAY 16

MARTINBOROUGH
WINE, FOOD & MUSIC
FESTIVAL (SOLD OUT)
SUNDAY 19

LAST FRIDAY DRINKS
- FOR 2006
FRIDAY 24

EMBASSY EVENING
- SWITZERLAND -
TUESDAY 28

THURSDAY THEME
EVENING "CHURCHILL
- A MEDICAL HISTORY"
THURSDAY 30

DECEMBER 2006

SENIORS' LUNCH
WEDNESDAY 6

LADIES' LUNCHEON
THURSDAY 7

CHRISTMAS
FAMILY DINNER
TUESDAY 12

TOAST TO THE CLUB
FRIDAY 15

CLUB'S
165TH BIRTHDAY
(FOUNDERS' DAY)
SATURDAY 16

CLUB CLOSURE
AFTER DINNER
THURSDAY 21

CONTINUED ON LAST PAGE...



Embassy Evening Switzerland

With H.E. Dr Beat Nobs

Tuesday 28 November 2006

The Ambassador of Switzerland and Club Member Dr Beat Nobs will talk about his country to Members and friends. Switzerland, with its famous mountains, clear lakes, sometimes steep and always beautiful countryside is much loved by summer- as well as winter visitors and well known for the highest level of craftsmanship in its watch-making traditions. His Excellency will acquaint Members with other, maybe lesser known traditions, historic and cultural aspects of his country.

These evenings are becoming more and more popular with Members. They are mostly informative and educational, as well as the enjoyment Members have over dinner after the presentation.

This time we have looked at making it even more 'genuine' by serving a traditional Swiss cheese fondue with the appropriate accompaniments for the main course, followed by cake for dessert. Therefore we will only be able to take bookings of a maximum of 6 people per table in order to maintain the coziness and intimacy around each table.

Please feel free to make up a party with this advice in mind.

Time : 6.00pm Arrival and Drinks
6.30pm Presentation
7.00pm approx. Dinner
9.30pm approx. Conclusion
Dress : Jacket & Tie, Evening Wear
Cost : \$35.00 p.p.



CHRISTMAS FAMILY DINNER

with the choir of
Wellington Cathedral of St Paul

- Bring your Children and Grandchildren -

The last Club function for the year will be the traditional Family Dinner to celebrate Christmas at the Club. In view of the decision not to have a children's Christmas party this year due to the lack of interest experienced last year, the Committee invites Members to bring along their children and grandchildren from about the age of ten years onward. Children up to and including the age of fifteen years are half price. The function has been scheduled early in order for it not to be a late night.

Bookings for tables for whole families will be accommodated. Please book early.

Time : 6.00pm Arrival and Drinks
6.30pm Christmas Dinner with Choir
9.00pm approx. conclusion
Dress : Jacket & Tie, Evening Wear,
or School Uniform for the under 16s
Cost : \$60.00 Adult
\$30.00 Child 10 - 15 years

The cost includes a donation to the choir



DDI TELEPHONE DIRECTORY

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

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

PRESIDENT'S COLUMN

I really enjoyed all the activities and functions at the Club last month. The President's At Home was a very special occasion for me, particularly being able to welcome our special friends and guests, spouses of former Members. The Netherlands Embassy evening attracted 122 persons to enjoy the Dutch experience of food, wine and Her Excellency Rasha ter Braack's talk.

Recently I had a chance to talk to some of our kitchen team. Members will know that we have two kitchens, one on level five and a smaller one on level six. Meeting the team in the kitchen and discussing their efforts on our behalf, I felt I should share some of their thoughts with you. Alfonso and Liam are dedicated to providing new and exciting menus. They enjoy cooking as well as sourcing the best product available. Above all, they will go out of their way to meet individual Member's needs. They are conscious of dietary issues, Members' preferences etc. For example, at Club functions some Members request a vegetarian dish separate from the dishes prepared for the evening. This is no problem at all, provided the kitchen has advance notice. I recommend that you sample their finger food at cocktail parties or pre-dinner drinks. Each time there is something special. You can now ring Alfonso on his direct telephone 474 0735 to discuss your particular requirements. If any Member would like a tour of the kitchens, please ring Alfonso to arrange a suitable time. It is a real experience.

This month offers some real treats. A presentation on CHURCHILL by our former President, Wyn Beasley, is almost a total sell-out. As I completed this column, 100 Members had booked for this evening. Champagne has a special place on 16 November.

I look forward to much discussion and Club enjoyment with you all this month.



Tim Olphert – President

THURSDAY THEME EVENING



Churchill

– A MEDICAL HISTORY

Presented by Club Member
Mr A W Beasley, CNZM OBE ED

Thursday 30 November 2006

The Club has already received 100 bookings for this event. Please register your attendance now, as this evening is proving most popular.

Winston Leonard Spencer Churchill was born on 30 November (!) 1874. In commemoration of his birthday A W Beasley, who has recently returned from a period of study in the Churchill Archives Centre in Cambridge, will describe his investigations into the career of the man who, above all others, saved the Western World from tyranny.

Time : 6.00pm Arrival and Drinks
6.30pm Presentation
7.15pm Dinner

Dress : Jacket & Tie, Evening Wear
Cost : \$25.00 p.p. – only!

LOST & FOUND:

A heavy, warm, navy-blue coat belonging to Club Member Alan G. Morgan was taken accidentally from the wardrobe after the wake of the late Lord Cooke on 4 September at the Club. Mr Morgan's name is on the inside of the coat. Would Members please be so kind and check if that coat is in their possession and call the Club Secretary on 474 0733 to arrange the exchange with the coat left at the Club. Thank you.



TOAST MARTINBOROUGH
WINE, FOOD & MUSIC FESTIVAL
Sunday 19 November 2006

Please note that tickets and schedules are being posted around the 3rd of November. Please contact the office if you have not received them by 8 November.

FOUNDERS' DAY:

With Founders' Day on 16 December 2006 falling on a Saturday, the President would like to invite all Members to raise a glass to the Club on Friday 15 December at lunchtime commemorating the Club's 165th birthday.

CHAMPAGNE DINNER WITH RICHARD GOODMAN & CHAMPAGNE LANSON

Thursday 16 November 2006

The last wine dinner for this year is planned to be something very special: The Club is privileged to be able to welcome Richard Goodman on a special visit to the Club from Queensland. Many Members will remember Richard and his many anecdotes from five years ago, when he last visited. That time we received many compliments on the great evening the Club had put together and this year won't be any different. The Chefs are already charged with the task of producing something quite different from the regular fare, nevertheless something that will complement these delicious Champagnes perfectly.

We have just been informed that some Lanson Demi-Sec for dessert has been sourced and will be served as a special introduction to this new release (Lanson has never produced a Demi-Sec before).

*Richard Goodman has kindly donated a **Magnum Bottle** of Vintage 1996 Champagne Lanson Gold Label for one lucky guest! This bottle will be presented to the Member who makes the booking which contains the 100th person attending this function at the time of booking. The function is already more than half-filled.*

This is going to be an evening not to be missed. Bookings for this event, limited to 120 guests, are being taken now. The Club will accommodate special seating requests.

The event has been scheduled well ahead of the upcoming busy Christmas Season in mind; therefore, make your booking now, bring along family, friends or colleagues and start celebrating Christmas a little bit in advance before everything becomes a 'chore'.

Time : 7.00pm Arrival: Champagne Lanson
Black Label NV

7.30pm Champagne Dinner

Dress : Jacket & Tie, Evening Wear
Cost : \$120.00 p.p. all inclusive

STAFF:

Canadian Ms Molly McKinnon joined the kitchen brigade in late October on a temporary basis for the next year. Molly has previously worked for four years at the Rideau Club in Ottawa, one of the Wellington Club's reciprocal Clubs. Her position there was that of Chef de Partie with a responsibility for six qualified cooks. Once Molly has settled in, Club Members might be able to experience some French-Canadian influenced cuisine at the Club.

THE LAST FRIDAY DRINKS

24 November 2006

October marked the first anniversary for this popular function. And what a great turn-out we had! Thank-you to everybody who attended and a special thank-you to all Members who over the year hosted so many interested young people and others who by now have become Members of the Wellington Club.

This function is aimed at bringing a younger friend, family member or colleague to the Club. Ideally, before nominating a new candidate, the Member should invite him or her to one of the 'Last Friday Drinks' events and let them have a good look at the Club and its facilities.

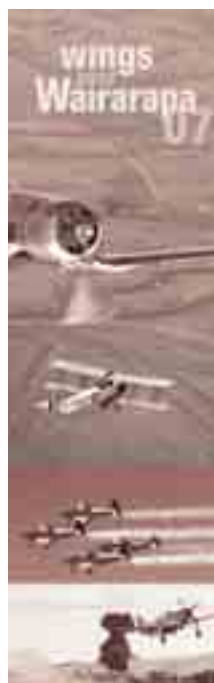
As a responsible host, the Club will provide bar food at no cost and Members sign chits in the usual way for drinks. Guests of Members may settle their individual accounts afterwards by EFT/POS.

November's 'Last Friday Drinks' is the last for the year; anyone who has not been at those functions is encouraged to attend.

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.

Date : The last Friday of every month
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.



WINGS OVER WAIRARAPA - 2007

The Club is considering putting together a package similar to the Martinborough Wine Festival for interested Members to attend the Saturday (only) of next year's air show (20 January).

The package would include entrance tickets to the event, return train trip from Wellington (9.00am) to Masterton (return leaves at 5.20pm) and bus transfer to the site.

Costs would be in the vicinity of \$50.00 p.p. for the above package; family tickets including up to two adults and two children approximately \$95.00 per ticket.

Members are asked to register their interest by 24 November, after which date the Committee will decide whether to go ahead with this function or not. Please note that your expression of interest does not guarantee the implementation of the event; this depends entirely on Members' responses and interest.

HEALTH & FITNESS CENTRE NEWS

REPLACEMENT PROGRAMME IN 'FULL SWING'

At its meeting in October, the Committee authorised the purchase of a new rowing machine for the Health & Fitness Centre. The new machine is now on order and by the time this newsletter arrives at Members' homes, it should be well installed. In addition, Members' requests for a heart rate interface were evaluated and approved for purchase. Together with recent replacements throughout the year this upgrade has injected new life into the Club's ageing equipment in this popular part of the Club. This now almost concludes the replacement cycle, as budgeted for in the Club's 10-year maintenance plan - well ahead of schedule.

Members might also be interested to hear that further reports on a possible improvement of the air conditioning unit are currently being received and that the Committee is considering its options to maximise Members' enjoyment and comfort when working out.



SPRING/SUMMER WALK SERIES

Only two walks remain for this series. The City to Sea Walkway was very interesting as well as fun, including a short detour to try out the flying foxes in Central Park during part 2 of the walkway. Although most participants had been on parts of these walks, there were many new paths that hadn't been explored previously. It never ceases to amaze me how interesting and beautiful Wellington is.

Please register your participation with reception so that I know who is coming.

Walk 5: Thursday 16th November - Butterfly Creek - Eastbourne. **Meeting:** 9.00am at the Muritai entrance, between 259 & 261 Muritai Rd. **Walk:** 3 hrs of hilly terrain, good bush tracks, fabulous views and beautiful beech forest. **Lunch:** Days Bay Café.

Walk 6: Thursday 30th November - Belmont Trig Track. **Meeting:** 9.00am at the Oakley Street Park entrance, Mangaraki. **Walk:** 4 - 4 1/4 hrs through bush, over farm land on well-formed tracks and over the challenging Mt Belmont. A stop at the top for a hot drink and snack before heading back to the cars. **Lunch:** At a Petone café.

Remember to wear comfortable walking shoes. I also recommend you bring a water bottle, wind jacket and a walking pole. These last two walks are a little more challenging, but set at a pace suitable to our group.

I look forward to seeing you, Toni.

Cost : \$6 for non-Health & Fitness Centre members, partners & friends (no charge for registered H&F Centre members). Individual lunch costs. Shared taxi van costs if required.

POLE LUNGE & POLE LUNGE WITH SINGLE ARM DB PRESS

Here is a multi-task exercise that can be performed at a number of different levels. The lunge exercise challenges flexibility at the hip joint, the strength of the gluteal and quadriceps muscles, as well as all other muscles of the leg to maintain balance. Add a single dumbbell (DB) shoulder press and you get the muscles of the shoulder being worked along with the 'Core' muscles to maintain balance at the torso. The pole assists with correct foot and body position and can be left out once body position is comfortable. A good exercise for helping to get conditioned for skiing, tennis, hiking or just walking up stairs.

Pole Lunge

Start position: standing with feet together with the pole held forward of the body and other hand on hip.



Movement: step forward with opposite foot to hand on pole, placing toe approximately in line with pole, and taking the knee of the back leg towards the ground. Note that the knee of the forward leg should not go past the toes. Keep body upright with shoulders back and abdominals tightened. Step back to start position before repeating lunge. Aim for 10-20 repetitions each leg.

Pole Lunge with Single Arm DB Press

Start position: as with pole lunge but with DB held at shoulder level in non-pole hand.

Movement: consciously tighten abdominal/core muscles then step forward into lunge position as with pole lunge, pressing the DB towards the ceiling as you step forward. Bring DB back to shoulder as you step back to start position. Breathe out as you step forward and press DB up.



WINE NEWS



EXCLUSIVELY FOR CLUB MEMBERS FOR NOVEMBER

	YEAR	CASE	BOTTLE
Nautilus Marlborough Sauvignon Blanc This wine is pale straw in colour with aromas of gooseberry, capsicum and citrus with hints of passionfruit & melon. On the palate flavours of tropical fruits and citrus predominate. Delicious now, this wine will continue to develop over the next six to twelve months.	2005	\$220.80	\$18.40
Nautilus Marlborough Chardonnay Bright straw/yellow in colour, this wine shows aromas of melon and stone fruits supported by toasty oak. On the palate grapefruit flavours are integrated with cashew nut, biscuit and mealy characters. It has great length and a creamy texture.	2004	\$128.70 (6 Pack)	\$21.45
Nautilus Marlborough Pinot Noir This is dark ruby in colour, with an aroma of plums, dark fruits and a hint of chocolate. The palate is medium to full bodied with ripe fruit tannins and oak combining to give great structure and length.	2005	\$170.10 (6 Pack)	\$28.35

The following great value Club House Wines are also always available:

Shingle Peak Marlborough Sauvignon Blanc	\$179.40	\$14.95
Matua Matheson HB Chardonnay	\$211.80	\$17.65
Burge Barossa Vines Shiraz	\$181.20	\$15.10

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

DIARY DATES

JANUARY 2007

**HEALTH & FITNESS
CENTRE REOPENS
MONDAY 8**

**CLUB OPEN FOR:
ACCOMMODATION,
BREAKFAST, BUFFET
LUNCH
MONDAY 15**

**WELLINGTON
ANNIVERSARY
- CLUB CLOSED
MONDAY 22**

**ALL CLUB SERVICES
REOPEN
TUESDAY 23**

**LAST FRIDAY DRINKS
FRIDAY 26**

SENIOR MEMBERS' LUNCH

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

*Wednesday 6 December 2006,
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. Make a note in your diary for:

*Thursday 7 December 2006,
12.30 for 1.00pm*

CHESS AT THE CLUB

Tuesday 28 November 2006

Guests of Members are welcome. Make your booking by phoning the Office on 472 0348.



CLUB MEMBERSHIP

The following five candidates were admitted to Club membership at the regular Committee meeting in October:

Alan Bollard

Louis Joseph Gardiner

John Alexander Brandon

Meredith Jane Hunter

Cynthia Brophy

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

THE ANNUAL PRESIDENT'S AT HOME RECEPTION

...was held on 11 October – and what a splendid affair it was! Members commented on the friendly atmosphere, the quality of the dinner, which was served in true “At Home” style with help-yourself from salad bowls on the tables. Many Members also remarked on the lovely Club tradition of inviting spouses of former Members to this function.



The President Tim Olphert and his wife Lorraine, together with Vice-President David Brown Douglas and his wife Joy, welcome Members straight off the red carpet to the At Home function in October

PRELIMINARY NOTICE:

Please note that the Club will close on Thursday 21 December 2006 **after** Dinner. Further details concerning re-opening dates will be published in December's newsletter.

CHRISTMAS AT THE CLUB

The Club has already received many bookings for the upcoming Festive Season and it is recommended to all Members to start making plans and to think of the Club as the appropriate venue for your Christmas function. We can cater for:

- Office Breakfasts (including champagne breakfasts)
- Luncheons (some limitations apply)
- Cocktail Parties
- Small Dinner Parties – set menu
- Large Dinner Parties – set menu or buffet style
- Saturday Functions (conditions apply)

If you book for any of the above functions, there is no charge for room hire. We also enclose in this mail-out our menu suggestion for your consideration.

Please contact Jane Wells directly on 474 0732 to discuss your needs and requirements.



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

RSVP: **CHAMPAGNE LANSON DINNER - with Richard Goodman** 
Thursday 16 November 2006

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

RSVP: **EMBASSY EVENING SWITZERLAND** 
Tuesday 28 November 2006

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

RSVP: **THURSDAY THEME EVENING - CHURCHILL - A Medical History** 
Thursday 30 November 2006

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

RSVP: **CHRISTMAS FAMILY DINNER** 
Tuesday 12 December 2006

.....
(Member's name) (Club No) (e-mail voluntary) (Places) (Places) (Telephone)
Adults Children
10-15 years

RSVP: **WINGS OVER WAIRARAPA 2007** (please return by 24 November 2006) 
Saturday 20 January 2007

Yes I am interested in single ticket(s) Yes I am interested in family ticket(s)

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

NOVEMBER WINE SPECIALS: *Please reserve the following WINE* 

	YEAR	CASE	BOTTLE	No. CASES	No. BOTTLES
Nautilus Marlborough Sauvignon Blanc	2005	\$220.80	\$18.40		
Nautilus Marlborough Chardonnay	2004	\$128.70 (6 pack)	\$21.45		
Nautilus Marlborough Pinot Noir	2005	\$170.10 (6 pack)	\$28.35		
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)